

Take One

Words and Music By
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Arranged By
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$\text{♩} = 105$

Voice

G G G

There are for - ty - eight half - ho - urs in ev' - ry sin - gle day. — Take

Piano

5 C C G C

one and do some-thing a - the-lis - tic! Find some time to am - bu - late for

11 G E A A D

one of ev' - ry for - ty - eight! I rec - com - mend you go a bit bal - lis - tic! Take

Pno.

17 C C G G E7 A

one, and once you have be-gun you'll soon en - joy the pow - er that comes to one who

Pno.

22 A D D G G

walks or runs for just a half an ho - ur. For thir-ty out of all — the o - ther

Pno.

27 G C C G

minutes in a day, — get go-in' in - to some - thin' e - ner-gi - zic!

Pno.

33 C C G E A

Let your bo-dy swing and sway. — Chase those ca-lo - ries — a - way by spend-in' time out

Pno.

38 A D C C G

be - in' ex - er - ci - zic! Take one, and once you have be - gun you'll soon en - joy the pow -

Pno.

44 G E7 A A7 D D

- er that comes to one who walks or runs for just a half an ho - ur. Take the

Pno.

49 A A C D G C G

first step and let it start you on your way.____

Pno.