

IN OUT SHOUT
lyrics by Tobin Mueller

SOLOIST:

In, out.

In, out.

No time to hyperventilate;

Let your diaphragm win...oxidate.

In, out.

In, out.

Warmed up all nice by nose and mouth

So you won't get a chill doin' the

IN OUT SHOUT.

In, out.

In, out.

That's how to thrive, without a doubt.

Then you know you're alive doin' the

IN OUT SHOUT.

Sometimes.

Sometimes.

That's when you need to cough it out.

Keep your lungs really clean doin' the

IN OUT SHOUT.

Sometimes.

Sometimes.

Time you should choose another route

So you stay safe and sound doin' the

IN OUT SHOUT.

In, out.

In, out.

To your own health you be devout.

Try to keep your own nose clean doin' the

IN OUT SHOUT.

In, out.

In, out.

That's how to thrive, without a doubt.

Then you know you're alive doin' the

IN OUT SHOUT.

LYMPHETTES:

Take a breather,

Not a sneezer.

No time to hyperventilate;

Let your diaphragm win...oxidate.

When you breath in,

Air is moistened,

Warmed up all nice by nose and mouth

So you won't get a chill...

IN OUT SHOUT.

In the lungs you breath oxygen,

Where the redder cells take it in,

Send the C-O-2 out again;

Then start it all over again.

Get some fresh air.

Always take care.

That's how to thrive, without a doubt.

Then you know you're alive ...

IN OUT SHOUT.

There's pneumonia.

Germs will own ya.

That's when you need to cough it out.

Keep your lungs really clean...

IN OUT SHOUT.

People smokin'

Got you chokin'.

Time you should choose another route

So you stay safe and sound...

IN OUT SHOUT.

If a bronchial asthma strikes

And your breathing gets really tight,

Shouldn't wait to put up a fight...

Take some action to make it alright.

To stay healthy

And be carefree

To your own health you be devout.

Try to keep your own nose clean...

IN OUT SHOUT.

In the lungs you breath oxygen,

Where the redder cells take it in,

Send the C-O-2 out again;

Then start it all over again.

Get some fresh air.

Always take care.

That's how to thrive, without a doubt.

Then you know you're alive ...

IN OUT SHOUT.