Work your mind mind
Work your body move your mind
Move your mind mind
Work your body body
Work your mind mind
Work your body move your mind
Move your mind mind
Work your body move your

Move your body,
Every everybody.
Move your body,
Come on now everybody.
Move your body, move your body.
Everybody come on now everybody.

You want to move the world,
Start with your body.
Yo, come on you gotta start with something.
If you wanna move your mind,
Just move your body.
Move your mind, move your mind,
It's gonna cost you nothing.
You want to move someone,
Start with your body.
Yo come on and try to move somebody.
If you wanna move alone,
Then everybody will move along with you.