

That's CPR

MC Lars

Be the beat, don't just stand there!
Be the beat, don't just stand there..... hey!

I was chillin' in the park with my homies
When I said Mark yo pass that macaroni
Shootin' hoops - I passed Felix the ball
When homeboy grabbed his chest, and proceeded to fall
We all looked around like, "What just happened?
Somebody here needs to take some action!"
Felix's face was turning blue
Luckily this rapper knew exactly what to do

If a teen or adult suddenly collapses
Don't just stand there, here's how you react kid
use CPR till help arrives
Follow these two steps to keep your friends alive!

Be the beat,
don't just stand there! (Call 911)
Push hard and fast (where?)
in the center of the chest (that's CPR!)

Paging Dr. Heart, Dr. Hal-thy Heart? Emergency room.

I was lampin' in the backyard with my cronies
When I said Felix aren't you glad you know me?
He said, "Yo, yeah you saved my life,
I thanked you once Lars, and now I'm thanking you
twice"
A lo-fat diet, Felix tried it, cardio daily, he's
applied it
Kicked the trans-fats, now he's healthy bowls of fiber
in his belly!
Then all of a sudden I saw this guy,
Collapse by the swing-set, don't ask why
Time to call 911, tried CPR till help arrived in a
special car
Pumped the sternum, chest compression
Paid attention, no second guessin'
With CPR homies chill beaches not the morgue,
Learn more at bethebeat.heart.org

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This funky, funky rhyme was brought by the American
Heart Association. Saving lives, one player at a time.
I'm MC Lars - keeping it fresh and making healthy
choices daily.