

Lose Weight

Bizarre

Ayo

I just want to some positive energy to you
This is for all my big people
This is for all my big people
This for all my plus people
Big and tall, you know what I'm saying
I believe in you man
Let's motivate and lose this weight
Believe in yourself man, I believe in you

I want to diet once a week
I get depressed and start to eat
Cheeseburgers is my best friend
Hamburgers is my best friend (Keepin it real y'all)

And I'm constantly on a mission
Doctor told me slow down
But I didn't listen
My ex wife kept on feeding me steaks
And said she would leave me if I tried to lose weight

In my household I started a riot
Just because I said I wanted to go on a diet
Damn, she started to see me
She said if I lose weight then she would leave me

Two Big Macs, a large fries I'm greedy
That's when I found out I had diabetes damn
I'm scared to death I got sleep apnea
I'm losin' breath

I told my doctor I got a image
If I lose weight then my career is finished
f*ck it cause I want to live
100 percent I'm gon' give

Fish and chicken and no carbs
No carbs, Damn that's gon be hard

Could you pray for me, I'm gon pray for you
We gon lose this weight
Could you pray for me, I'm gon pray for you
We gon lose this weight
One pound at a time
One pound at a time
Go go go

Imma give you a good reason
I get depressed and start eatin

I was doin great lost thirty pound
But this week I was starting to slow down

Me and my girl we arguing and beefing
Shit I guess that's a good reason
Relationships, they can be wack
Soon as you start arguin she'll call you fat

And how you end up in it
You losin breath in five minutes and she ain't even finished
You depressed about this whole situation
Doctor got you on ten different medications

Get up, go to the gym
Get off the phone stop talking to Kim
Ten minutes on the treadmill, start off slow
Fifteen minutes, five more to go

Pretty soon, pull a new shirt out
Remember me the next time you work out

Could you pray for me, I'm gon pray for you
We gon lose this weight
Could you pray for me, I'm gon pray for you
We gon lose this weight
One pound at a time
One pound at a time
Go go go

One pound at a time baby
I'm here with you
You can do it
Don't let the motherf*ckers tell you you can't do it

You messed up you eat a cheeseburger
So what you? you have the next day to start over
Don't you Don't you Don't you dare quit on yourself
We believe in you, We root for you

Get up, get up off of all that medication man
That f*cking bullshit the doctor's giving you
f*ck all that shit man

We need to get healthy
Anybody telling you different
They don't really love you, but I do
Weirdo, Rufus