You want her attention
Well you'll have to wait
She's in the gymnasium
Reducing weight
In shorts or a leotard
Despite her age
The girl's gonna exercise
Your life away

Sister don't you jog it all away Sister don't you run it all off Sister don't you jog it all away Sister don't you rough it all up

What an idea of fun
To get it on the run
I don't know why you do
What has come over you?

The style in the discotheque Is cheap and nice Please tell Miss Fonda To reduce her price Anorexia, nervosa, mannequin All this physicality Will wear you thin

Hey Olivia, Newton, John What you say? Hey Olivia, Newton, John What you say?

She used to yield like flesh Now it's all muscle She used to yield like flesh Now it's all muscle

We used to ride tandem and have lots of fun But bicycles for exercise are made for one

I don't know what you do What has come over you It's an idea of fun To get it on the run

Sister don't you jog it all away Sister don't you run it all off Sister don't you jog it all away Sister don't you rough it all up Sister don't you jog it all away Sister don't you run it all off Sister don't you jog it all away Sister don't you rough it all up