

## 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](http://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.