

Samaiyah Bullock

There's an organ in your body  
let me tell you about it.

It is called the kidney  
& you can't live without it.

To take care of it there's no trouble  
just don't doubt it.

First things first,  
you have to exercise.

Even if you're tired,  
you have to get those kidney's right.

Second part,  
become a donor.

participate in the transplantation process  
& give your kidney a new owner.

As you're getting older  
You have to keep your kidney's strong

You don't want to get diagnosed  
With CKD or Kidney Stones

Eat healthy foods and exercise daily  
So that way you can stay pain free.

Eat right and exercise  
All it can do is help you.

Don't smoke or drink  
Your kidneys need to be healthy.

If your kidneys are in good health  
You can be a donor and be big help.

If you don't treat them right  
You might get CKD

If you do, don't worry too much  
You can get a transplant on your kidney

All you need is a donor  
And soon you'll become the new owner.