

Mars GERMAS®
(Gerakan Masyarakat Hidup Sehat)
Komposer: Rezky Ichwan / Syair: Yanti Priyambodo

Irama: Mars

Tempo: 116 Gembira

Do = G

The musical notation consists of eight lines of staff music. The first line starts with a dotted 5 followed by a 5, then a double bar line, then 1 . 1, 1 . 2, 3 . . 5, 6 . . 7, 1 . 1. The lyrics are: Ge - ra - kan ma - sya - ra - kat hi - dup se - hat Bu-. The second line starts with a 4 . 3, 4 5, 3 . 1 . 1, 4 . 3, 2 . 2, 5 5 . 3, 1 . 1. The lyrics are: -gar dan ber-man-fa- at Ber- fi- kir po- si -tif, hi- dup pro-duk-tif Un-. The third line starts with 2 . 2, 2 . 2, 2 3, 2 . . . 5, 1 . 1, 1 . 2, 3 . 5, 5 5, 5. The lyrics are: -tuk ke -se- ha- tan ki- ta Ra- jin o- lah- ra- ga, kon- sum- si. The fourth line starts with 6 . 6, 7 . 7, 1 . 1, 4 . 3, 4 5, 3 . . . 1. The lyrics are: gi- zi se- im- bang Ru - tin cek ke- se- ha - tan Sla-. The fifth line starts with 1 . 1, 1 . 1, 2 . 2, 3 . 2, 1 . 2, 3 . 5, 5 . 3, 2 . 3, 1 . . 1. The lyrics are: -lu pe- li- ha- ra ke- ber- si- han De- mi In- do- ne- sia se- hat A-. The sixth line starts with 4 . 3, 2 . 2, 3 . 4, 5 . 4 . 4, 4 . 3, 2 5, 3 . . . 3. The lyrics are: -yo mu- lai- lah hi- dup se- hat A- wa- li da- ri ki- ta Sla-. The seventh line starts with 4 . 3, 2 . 5, 5 5 . 3, 1 3 . 4, 5 . 5, 5 . 5. The lyrics are: -lu ber- kar- ya te- rus se- mang- at Se- hat... Ma- sya- ra-. The eighth line starts with 5 . . 5, 6 . 7, 1 ||. The lyrics are: -kat In- do- ne- sia.

Tagline: Sehat, diawali dari diri sendiri !

Pesan ini disampaikan oleh Kementerian Kesehatan.