

5210 Song

Eight Corners Elementary School

Sung to the tune of "If You're Happy and You Know it..."

If you're healthy and you know it

Go for 5!

5 fruits and veggies each day will help you thrive!

They give you energy to Go!

And vitamins to grow.

If you're healthy and you know it

Go for 5!

If you're healthy and you know it

Go for 2!

Less than two hours of TV is good for you!

PlayStation and Xbox won't help you be a red sox!

If you're healthy and you know it

Go for 2!

If you're healthy and you know it

Go for 1!

1 hour of exercise is each day is really fun!

Walking, running, jumping, biking,

Playing ball and going hiking,

If you're healthy and you know it

Go for 1!

If you're healthy and you know it

Go for 0!

No sugary drinks will make you a hero!

You know that you ought to

Drink milk and lots of water

If you're healthy and you know it

Go for 0!

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