



The 5210 Song

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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For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.



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