

I Have a Healthy Body

I have a healthy body
It keeps me on the go
I have to take good care of it
Yes, this we all should know

My body needs some certain things
That only I can give
Like food and drink and exercise
That helps my body live.

I have to feed my body
To keep it feeling well
The vegetables and fruits I eat
Help keep my body swell (oh)

Too much junk food does no good
To help my body grow
To cakes and pies and soda pop
Sometimes we must say No!
I exercise my body
To keep it at its best
I run and stretch and swing my arms
And then I get my rest



My body needs to exercise
It needs to run and play
Exercise can feel real good
It really makes my day.

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I have to have a healthy body
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Yay, Yeah, Yeah

