

Song Lyrics

95210...95210...95210...95210...

9 to the 5 to the 2 to the 1 to the oh, oh, oh...!

9 to the 5 to the 2 to the 1 to the oh, let's go!

It's the healthy way to be

Stay fit, have fun, come on and sing with me

9 to the 5 to the 2 to the 1 to the oh, let's go!

Gettin' 9 hours of sleep each day

Will keep you strong, move you on your way

Eat lots of fruits and veggies green,

Try for 5, live long and lean

Now talkin', textin', TVs fine

But 2 hours tops, that's where you draw the line

Then go outside and run and play,

1 hour will do it, every day

Skip the soda or the juice or the energy drink

Tobacco and sugar should be ZERO, don't you think?

Follow these numbers, make your choice

Give a little, live a little, raise your voice!!!

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