

Curriculum Visions unique topic song

Healthy living groove

[Verse]

Fill your plate with colors bright
Greens and reds
They shine so right
Veggies
Fruits
And grains combined
Fuel your body
Feed your mind

[Chorus]

Move your feet
Let your heart race
Find your rhythm
Set the pace
Strong and steady
Feel the drive
Balanced living keeps us alive

[Verse 2]

Protein power
Don't forget
Nuts and beans
Your best bet
Healthy fats and water too
Every bite's a gift to you

[Chorus]

Move your feet
Let your heart race
Find your rhythm
Set the pace
Strong and steady
Feel the drive
Balanced living keeps us alive

[Bridge]

Stretch and lift
Jump and run
Exercise is healthy fun
Feel the joy
Your spirit soars
Every step unlocks new doors

[Verse 3]

Sleep enough

Rest your brain
Keep your stress down
Don't complain
Mind and body
Keep them tuned
Healthy vibes
Life's best tune