



<http://www.choosykids.com/>

## High Five

Well, my pal **Choosy** thinks it's high **time**,  
For all you **smart** girls and all you wise guys,  
Talk about **5** things to live your life by,  
Cuz everyone should know about the **High - 5**

The **High - 5**

The High - 5

**Everyone** should know about the **High - 5**

The **High - 5**, **what?**

The **High - 5** ya'll

**Choosy's** talkin' about the **High - 5**

Part **1** of 5 is where **I'd** like to start,  
It's gotta be quite possibly the most **important** part

**Everyone's** got one no matter who you are,

**You** should know by now I'm talking about your **heart**

The **size** of your **heart** is about the **size** of your **fist**

The arteries and veins are the **trusty** sidekicks

Like this, bump, bump....bump,bump....bump,bump

You gotta keep **movin'** cuz it's your **body's** pump.

The **High - 5**

The **High - 5**

**Everyone** should know about

the **High - 5**

The **HEART** in the High - 5

**Choosy's** talkin' about the **High - 5**



Now my pal **Choosy** is a pretty happenin' dude,  
And just like anyone else he likes to **eat** good **food**  
Which brings me now to **High - 5** part 2

You gotta be **smart** about the meals you **choose**

I'm talking about being on a **mission**

To make sure you have a **healthy body** composition

That means at the table making **wise** decisions

The food groups will lead you to **balanced nutrition**

The **High - 5**

The **High - 5**

**Everyone** should know about

the **High - 5**

**NUTRITION** in the **High - 5**

**Choosy's** talkin' about the **High - 5**



**Now**, ladies and gentlemen if you'd be so **kind**,

**I'd** like to direct your attention way up **high**,

To the top of your body that's where you'll find

The third part of the **High - 5** your mind

**Sitting** in your **skull** just like the king of it all

**Watching** over everything in which your **body's** involved

Making sure you **decide** you do what is **right**

That's your **brain** talkin' when you **hear**

that voice inside



The **High - 5**

The **High - 5**

**Everyone** should know about the **High - 5**

The **MIND** in the **High - 5**

**Choosy's** talkin' about the **High - 5**

**Well**, we've almost reached the end of our **tour**,

But before we **depart** may I present part **4**?

If you want to use your **muscles** to the greatest **force**

You gotta **stretch** 'em and **flex** 'em and **stretch** 'em

some more. Cuz it occurred to **me** your don't want **injury**

You can **reduce** the risk if you are sure to be **warmed** up

first, **stretchin** your **muscles** right before you even start to

**exercise**.

The **High - 5**

The **High - 5**

**Everyone** should know about the **High - 5**

**STRETCHING** in the **High - 5**

**Choosy's** talkin' about the **High - 5**



**Well**, my **friends** we have finally **arrived**

To building **strong** muscles which is part **5**,

Your **muscles** effect the other stuff **inside**

And if they're **tough** enough you'll live a **healthier** life

Be **Choosy** Be **Healthy**, and keep yourself **strong**,

Starting **now** and continuing your whole **life** long

A **healthy** body keeps the other parts **straight**,

And all the other parts help your **bodies** be **great**!

The **High - 5**

The **High - 5**

**Everyone** should know about the **High - 5**

The **MUSCLES** in the **High - 5**

**Choosy's** talkin' about the **High - 5**

