



Everybody Needs a Heart



Sing to the tune of "Here We Go Round the Mulberry Bush"
Author Unknown

Everybody needs a heart,
Needs a heart,
Needs a heart.
Everybody needs a heart
To keep their body running.

The heart, it pumps blood constantly,
Constantly,
Constantly,
The heart, it pumps blood constantly
To keep their body running.

The heart needs daily exercise
Exercise,
Exercise.
The heart needs daily exercise,
To keep it strong and healthy.

The heart gets all its nutrients,
Nutrients,
Nutrient.
The heart gets all its nutrients
From foods that we have eaten.

Easy as 1, 2, 3!

(Taken from Heart Power, American Heart Association 1996)

Author Unknown

You can have a healthy heart, *(stand up)*

It's as easy as 1,2, 3! *(show fingers 1,2,3)*

1 eat healthy stuff, *(show 1 and pretend to eat)*

2 move around enough, *(show 2 and move around)*

3 live tobacco-free! *(show 3 and sit down)*