

CNEP HEALTH CHANT

Say:	Do:
Nothing beats	Cross hands in front of body.
Eating Smart.	Rub belly.
It's good for your head;	Point to head.
And good for your heart.	Cross hands over chest.
Hands up high.	Shake hands high in the air.
Feet down low.	March in place.
Shake your body; don't move too slow.	Shimmy!
Nothing beats,	Cross hands in front of body
Playing hard.	Arm curls (like lifting weights).
At home, at school,	Thumb up to the right.
Or in the yard.	Thumb up to the left.
Hands up high.	Shake hands high in the air.
Feet down low.	March in place.
Shake your body don't move too slow.	Shimmy!