



MARCH FOR HEART HEALTH

This catchy action song is filled with heart-healthy reminders.
(Sung to the tune of "The Ants Go Marching")

LYRICS

The Heart Heroes march one by one, lub dub, lub dub *(sing twice)*
Bolt keeps us fit and wise
Reminding us to exercise

Chorus:

*And the heroes march around, all over town,
Marching up, marching down
lub dub, lub dub. lub dub, lub dub*

The Heart Heroes march one by one, lub dub, lub dub *(sing twice)*
Skip knows to say no-no
If asked to vape or try tobacco

Repeat Chorus

The Heart Heroes march one by one, lub dub, lub dub *(sing twice)*
Tru and Spark say to love your heart
Being kind is super smart

Repeat Chorus

The Heart Heroes march one by one, lub dub, lub dub *(sing twice)*
Splash is up and ready to go
And always chooses H2O

Repeat Chorus

The Heart Heroes march one by one, lub dub, lub dub *(sing twice)*
Buster will cheer and shout
When they see others helping out

Repeat Chorus

The Heart Heroes march one by one, lub dub, lub dub *(sing twice)*
Beat and Star shout a joyous call—
"Happy hearts for one and all!"

Repeat Chorus

MOVEMENT

March in place
Hands on hips
Touch toes

*March in place
March in place
March in place*

March in place
Shake head no
Shake pointer finger

March in place

March in place
Hug self
Point to head

March in place

March in place
Crouch down, pretend to grow
Pat tummy

March in place

March in place
Jump in place
Wave hands in air

March in place

March in place
Cup hands around mouth
Pat chest

March in place

