Marching 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*)
Dash 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*)
Sam 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*)
Journey says to love your heart
Being kind is super smart

Repeat Chorus
The Heart Heroes march one by one, lub dub, lub dub. (*sing twice*)
Kai 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*)
Taye and Scout 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*)
Iker shouts 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

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