

Curriculum Visions your unique topic song

Move to the groove

[Verse]

Your body's a machine it needs to run  
Keep it moving till the setting sun  
Stretch it out don't let it rust  
In your bones you gotta trust

[Chorus]

Move to the groove keep the rhythm alive  
A little exercise helps you thrive  
Step by step feel the strength inside  
Healthy muscles are your joy and pride

[Verse 2]

Bend and twist reach for the sky  
Lift your spirit let your heart fly  
Push and pull make your body sway  
It's a dance you can do every day

[Chorus]

Move to the groove keep the rhythm alive  
A little exercise helps you thrive  
Step by step feel the strength inside  
Healthy muscles are your joy and pride

[Bridge]

Don't sit too long get up and play  
A little motion goes a long way  
Walk a mile or take the stairs  
Your muscles love it when you care

[Chorus]

Move to the groove keep the rhythm alive  
A little exercise helps you thrive  
Step by step feel the strength inside  
Healthy muscles are your joy and pride