

SING

Original Version of the
5-2-1-0 SONG

5 – 2 – 1 and 0
That's a funny way to count you say.
5 – 2 – 1 and 0
Well that's the way to stay healthy today.

5 fruits and vegetables everyday
Make your mind and body strong.
Like carrots or broccoli or apples or bananas
Or green beans that grow long.

5 – 2 – 1 and 0
That's a funny way to count you say.
5 – 2 – 1 and 0
But that's the way to stay healthy today.

And TV and video games, we know that they are fun
But just keep it under 2 hours
And let your imagination run ...

With.... 5 – 2 – 1 and 0
That's a funny way to count you say.
But 5 – 2 – 1 and 0
That's the way to stay healthy today.

And run and jump and play outside
For at least 1 hour
And when you're thirsty, leave the soda behind
But grab an ice cold milk or a water that's fine...

And remember.... 5 – 2 – 1 and 0
Well that's a funny way to count you say.
But 5 – 2 – 1 and 0
Well that's the way to stay healthy today.
That's the way to stay healthy today!

Lyrics and Music
By Sara Yasner



MaineHealth

LET'S GO!

5 - 2 - 1 - 0

Listen to the Original 5-2-1-0 Song [online at www.letsgo.org](http://www.letsgo.org).