

Hip To Be Fit!

Lyrics

(verse 1)

You open the fridge lookin' under every lid
Cause' you've got to have a bite to eat
But wait boys and girls cause' in the fruit and veggie world
There are many, healthy tasty treats
So don't get round put that cookie dough down
An apple tastes oh so sweet
Start thinkin' green, green'll keep you lean
You'll start to movin' those happy feet

(chorus 1)

My mama told me
It's hip to be fit
It's hip to be fit
My mama told me
It's hip to be fit
It's hip to be fit

(verse 2)

Little John Brown when you're lookin' down
Can you see past your tummy to your feet?
Put the candy down and turn your tired life around
By watchin' everything you eat
You should, Energize with the daily five
Eat an orange, a pear, some carrots and peas

You'll be lookin' good just like a growin' kid should
You'll be dancin' in the streets

(chorus 2)

My mama told me
It's hip to be fit
It's hip to be fit
My mama told me
It's hip to be fit
It's hip to be fit

(Diggs Rap)

Beautiful fruits mon,
So sweet and cool mon,
Veggies, Potatoes like me mon
They're natural fuel mon,
Listen to your Mom mon,

(chorus 3)

My mama told me
It's hip to be fit
It's hip to be fit
It's hip to be fit
It's hip to be fit