

# Choosy Kids



Songs to encourage healthy habits in children

# 1 | Choosy Kids Club Theme

Every day has got a thousand ways to stay busy to spend my time. But I'm making sure I do what's right for my body, my heart, and my mind (in the CKC)

There's nothing better than getting together with my friends who realize that we should choose a healthy attitude of eating right and exercise

And that's why (I love being in the Choosy Kids Club) (x2)

We're on a mission of good nutrition but eating right is just part of the plan (in the CKC). And we're working out, so years from now We'll be the best we possibly can.

And that's why (I love being in the Choosy Kids Club) (x4)

I'm a bona fide card carrying member gold star elite.

January to December 24-7 I am committed. That's what makes me a Choosy Kid

(Show your C's if you're down with me. Show your C's if you're down with me. Come on, come on) (x3)

Show your C's if you're down with me. Show your C's if you're down with me

I'm a bona fide card carrying member gold star elite.

January to December 24-7 I am committed. That's what makes me a Choosy Kid

(I love being in the Choosy Kids Club) (x7) (Show your C's if you're down with me)

## 2 | Like Choosy

Everybody clap your hands  
and make your body do a  
dance and then. Everybody  
move your feet because I'd  
like you all to meet a friend.

Choosy lives a healthy life  
because he likes to exercise,  
oh yeah. Always watching  
what he eats each and every  
day of the week

(Chorus)

I want to be healthy my  
whole life long (like Choosy).  
Want to make sure I grow  
up strong (like Choosy). So  
I'll live a Choosy life everyday.

All the kids in school, should  
know that Choosy really rules  
(Uh-huh). I want to tell my  
neighborhood that I'm  
always feeling good because

Every day and every night,  
I'm going to treat my body  
right, so right. A Choosy life  
is fun so I'm starting while  
I'm young, oh yeah!

(Chorus)

Everyday

When you have to make  
a choice And you hear a  
little voice inside. Telling  
you what to choose that's  
Choosy helping you decide.

So you better call some  
friends and tell them it's  
really awesome when you  
use your head to help your  
heart If you're healthy, then  
you're smart so choose

To be healthy your whole  
life long (like Choosy). Make  
sure you grow up strong (like  
Choosy) and live a Choosy life

(Chorus)

Every day!  
Oooh...

### 3 | Choosy Freeze

(Music)

Everybody Freeze!

Hahahaha

(Music)

Choosy says Freeze!

I want to be healthy my whole  
life long. Be sure I grow up strong.  
Choosy says Freeze!

Woohoo

(Music)

Choosy says Freeze!

(Music)

Choosy says Freeze!

I want to be healthy my whole  
life long Be sure I grow up strong.  
Choosy says Freeze!

## 4 | Choosy Says

Yeahhh

Choosy says clap your hands

Choosy says clap your hands

Choosy says to stomp your feet

Choosy says stomp your feet

I'm a Choosy Kid, say I'm a Choosy Kid

Cool let's do it again

Choosy says clap your hands

Choosy says clap your hands

Choosy says stomp your feet

Choosy says stomp your feet

(come on!)

Sweet

I'm a Choosy Kid, say I'm a Choosy Kid

# 5 | Choosy Says Instrumental

## 6 | Techno (142 beats per minute)

Is everybody ready for a little  
techno workout Choosy style?

Here we go!

That was cool!

Awesome!

You got it!

Keep it up!

Sweet!

Yeah!

Isn't this fun?

You're doing great!

Let's do it again!

Woo!

## 7 | Techno (142 beats per minute)

Is everybody ready for a little  
techno workout Choosy style?

Here we go!

That was cool!

Awesome!

You got it!

Keep it up!

Sweet!

Yeah!

Isn't this fun?

You're doing great!

Let's do it again!

Woo!

Yeah!

Sweet!



## 8 | Do The Choosy

(Music)

Do the Choosy

(Music)

Choosy

(Music)

Do the Choosy

(Music)

Do the Choosy

(Music)

## 9 | High Five

Well, my pal Choosy thinks it's high time for all you smart girls and all you wise guys talk about 5 things to live your life right because everyone should know about the high 5

The high 5 (x2) everyone should know about the high 5. The high 5 what? The high 5 you all. Choosy's talking about the high 5!

Part 1 of 5 is where I'd like to start, It's got to be quite possibly the most important part. Everyone's got one no matter who you are. You should know by now I'm talking about your heart. The size of your heart is about the size of your fist. The arteries and veins are the trusty sidekicks. Like this, (bump-bump). (x3) You got to keep it moving because it's your body's pump.

The high 5 (x2) everyone should know about the high 5. The HEART in the high 5. Choosy's talking about the high 5!

Now my pal Choosy is a pretty happening dude, and just like anyone else he likes to eat good food. Which brings me now to high 5 part 2. You got to be smart about the meals you choose. I'm talking about being on a mission

to make sure you have a healthy body composition. That means at the table making wise decisions. The food groups will lead you to balanced nutrition.

The high 5 (x2) everyone should know about the high 5. NUTRITION in the high 5. Choosy's talking about the high 5.

Now, ladies and gentlemen if you'd be so kind I'd like to direct your attention way up high. To the top of your body that's where you'll find the third part of the high 5, your mind sitting in your skull just like the king of it all. Watching over everything in which your body's involved. Making sure you decide you do what is right. That's your brain talking when you hear that voice inside.

The high 5 (x2) everyone should know about the high 5. The MIND in the high 5. Choosy's talking about the high 5.

Well, we've almost reached the end of our tour, but before we depart may I present part 4? If you want to use your muscles to the greatest force you got to stretch them and flex them and stretch them some more. Because it occurred to me

you don't want injury. You can reduce the risk if you are sure to be warmed up first, stretching your muscles right before you even start to exercise.

The high 5 (x2) everyone should know about the high 5. STRETCHING in the high 5. Choosy's talking about the high 5.

Well, my friends we have finally arrived to building strong muscles which is part 5. Your muscles affect the other stuff inside and if they're tough enough you'll live a healthier life. Be Choosy, Be Healthy, and keep yourself strong. Starting now and continuing your whole life long. A healthy body keeps the other parts straight, and all the other parts help your bodies be great!

The high 5 (x2) everyone should know about the high 5. MUSCLES in the high 5. Choosy's talking about the high 5.

The high 5 (x2) everyone should know about the high 5. (x4)

## 10 | Jump N Hop

Attention all Choosy Kids Club astronauts. We are about to blast off to visit our main man, Choosy himself. There are two parts to our trip. First, you need to jump straight up all the way to outer space.

When I count down from four you're going to blast off with two feet Got it?

Two feet ok astronauts, buckle up and prepare for blast off!

Roger transmission we are ready for lift off. Over. 4, 3, 2, 1...

(Jump!) (x4)  
Forward (Jump!) (x4)  
Backward (Jump!) (x4)  
Side to Side (Jump!) (x4)

Whoa, Outer Space!  
Pretty sweet huh?

Now the 2nd part of our trip, you have to hop from star to star until you arrive at Choosy's star.

When I count down from four you're going to blast off with one foot Got it?  
Only one foot!

Roger transmission ready for hop transportation  
4, 3, 2, 1...

(Hop!) (x7)  
Your other foot (Hop!) (x7)  
Back to your other foot (Hop!) (x7)  
Your other foot (Hop!) (x8)

You made it! Choosy says give someone a high five!

## T | Skipping

Ok everybody are you ready for the Choosy skipping song? Cool!

When you hear the “boop” that’s a step and when you hear the “woo” that’s a hop.

First thing we do is take four steps then hop.

Let’s try it 1, 2, 3, 4... hop Let’s do it again 1, 2, 3, 4... hop

You’re really doing great Well now take one step away

1, 2, 3... hop  
Let’s do it again  
1, 2, 3... hop

That wasn’t too hard to do. Now instead of three steps, take two

1, 2... hop, again!  
1, 2... hop, again!  
1, 2... hop One more time,  
1, 2... hop

Well, now I think you know how skipping is supposed to go.

Choosy says, everybody one step and one hop over and over Step, Hop (x16)

Choosy says, shake it out

Step, Hop (x32)  
(and now were skipping along to the Choosy’s skipping song)

## 12 | Bye Bye

Bye, bye, my friend I can't  
wait to see you again.  
We've reached the end  
of our play time together.  
Today was fun, next time  
will be better. So I'll wave  
so long, see ya soon until  
then I'm going to sing  
bye, bye friend!

Bye, bye, my pal Choosy  
wants to say goodbye now.  
We've reached the end of  
our play time together.  
Today was fun, next time  
will be better. Adios, au  
revoir, auf wiedersehen, ciao.  
In English, it's bye, bye pal!

(Music)

Bye, bye  
Bye, bye, and bye, bye.  
We've reached the end  
of our play time together.  
Today was fun, next time  
will be better. So I'll wave  
goodbye, see ya soon, until  
then I'm going to sing  
bye, bye friend!

I'm going to sing bye, bye  
friend! I'm going to sing  
bye, bye pal! I'm going to  
sing bye, partner! I'm going  
to sing bye, old chum!