

# Thumbs Up! Songs

## Healthy is In and Junk is Out

Hey you peeps there are changes anew  
There is something you've gotta do  
Hey you mob now listen hard  
There's a secret that you must guard

### **CHORUS**

***It's a new trend and there's no doubt  
Healthy is in and junk is out***

Get the word out to all the crew  
This new trend is overdue  
Stop when you shop and think about  
How to change and health it out

***repeat CHORUS***

Buying vegies, grains and some fruit too  
Will decide if you're a trendy you  
Don't be a bore and stay the same  
You're missing out and that's a shamet

***repeat CHORUS***

If you know it's fatty and junky food  
Stay head strong and be a dude  
Don't fall for the gimmicks of the big companies  
Join the health binge my buddy please

***repeat CHORUS***

So have you decided if you're in or out?  
Eating the right foods is what it's all about  
I know you well bro, you're in the groove  
Let's jump on the trend now, make the move

***repeat CHORUS x 3 and fade***



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