

Healthy Farms, Healthy Schools

By KJ/Kimbo

Workin' on a farm
Makes your arms big and strong
Makes you wanna go a long, long way
Workin' in the yard
Yes, it's mighty mighty hard
But then you get out and play

Working in the barn
Doesn't do the body harm
You're tired but you feel so good
Shovelin' out the stalls
Before the sun falls
Is part of farming, it's understood

Chorus:

**Workin' on a farm
You start to realize
With all this work and play
You get lots of exercise**

Instrumental verse and chorus--

Workin' in the garden
Muscles will harden
Don't forget to get those beets
Gathering tomatoes, dig those potatoes
Lotsa good stuff to eat

Got chores to do
Won't stop until we're thru
Got chased by a mother goose
Diggin' holes is intense but we gotta mend the fence
So the cows don't ever get loose

Chorus:

**Workin' on a farm
You start to realize
With all this work and play
You get lots of exercise**

Now take this to school
You won't break any rule
Lift your books like we do with hay
Now drop 'em back down
Load em up, turn around
With your backpack, you're on your way

Bridge:

**Healthy farms, healthy schools
Makes a healthy world...for me and for you...**

When you go to gym
It's for her and for him
Climb the rope up to the sun
Softball, volleyball
Any kind of game at all
Hey! It's so much fun!

Each time you move around
Gonna burn some pounds
Makes you feel as good as new
Now, run around the track
Each time you come back
Take another lap or two

(Instrumental)

Listen to my story
It's not filled with glory
Everything I say is true
When you work and you play
You'll get better everyday
It's SO good for you!

Bridge:
Healthy farms, healthy schools
Makes a healthy world...for me and for you...

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