



fun 2B fit pledge

I pledge to keep my **heart** strong,
By moving every day,
I'll ride my bike, I'll jump a rope,
And with my friends I'll play.



I pledge to keep my **lungs** strong,
Not to fill them up with smoke.
Cuz cigarettes not only smell,
They'll make me want to choke!

I pledge to keep **myself** strong
And be smart in what I eat –
Choosing fruits and veggies, nuts and grains
And bread that's made of wheat.



I pledge to keep my **muscles** strong,
My arms and legs I'll tone.
By raking leaves and climbing trees,
And helping around my home.

I pledge to keep my **mind** strong,
By working hard in school,
And saying "No" to drugs of course!
I ain't nobody's fool.



I commit myself to pledge this day,
To be healthy as can be,
For all the people in this world,
There's only one of **me!**

