

# “For Your Health” Lyrics

Chorus:

When I look at all the problems with the world and with myself  
When that junk food and that soda got me feeling not so well  
Then it makes me wanna put some healthy food up on my shelf  
And yell to anybody that'll listen - This is for your health  
This is for your health  
This is for your health - for your health

Verse 1:

Now I'm tripping off the fact that all these sugars and these fats  
Got me hungry for what I don't even need let me step back  
And think about the nutrition that's been right here since the beginning  
That natural energy is the stuff that keeps us spinning  
Get that water in my system, let me glisten, let me shine  
Get some fruit up in my roots, help to clarify my mind  
Protein, dairy and some veggies, 'lil grain all combined  
That's exactly what I need to get it movin' every time

Chorus



Verse 2:

Now I'm tripping off these images from magazines and shows

Tellin' me to look a certain way on all these videos

I just wanna be myself taking small steps for my health

But it's hard when everybody's tryin' to be somebody else

So I leave that mess behind take it one day at a time

Go outside a little more, exercise first then recline

Cuttin' down on that refined stuff so I can re-find

A healthy body and a healthy mind that I can call mine

Chorus

Bridge:

Simple decisions can make for better living - every day is a new beginning

Greens, proteins, dairy, grains and fruit

Eat the good stuff that puts nutrition deep in our roots

And if we start now we can avoid problems later

Obesity, diabetes and heart failure

Chorus

