

## **Eat Smart. Play Hard.™ Power Up Moves.**

Nothing beats (cross hands in front)  
Eating smart (rub belly)  
It's good for your head, ( point to head)  
And good for your heart (cross hands over chest)  
Hands up high (jazz hands in air)  
Feet down low (march in place)  
Shake your body (shake entire body up and down)  
Don't move too slow! (continue shaking)

Nothing beats (cross hands in front)  
Playing hard (arm curls)  
At home, at school (thumbs up to right)  
Or in the yard (thumbs up to the left)  
Hands up high (jazz hands in the air)  
Feet down low (march in place)  
Shake your body (shake entire body up and down)  
Don't move too slow! (continue shaking)

REPEAT 5 TIMES faster each time.

<http://www.fns.gov/eatsmartplayhardkids/Theater/Files/PowerUpMoves.pdf>

Power Panther is here song:

<http://www.fns.usda.gov/eatsmartplayhardkids/Tunse/PPishere.htm>