



***All 4 Kids: Healthy, Happy, Active, Fit***

***All 4 Kids Chant***

*by Anne Lindsay*

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Healthy, Happy, Active, Fit! All 4 kids eat smart, don't sit!

Need a soda from the fridge? *(reach out like you're opening the refrigerator door)*  
No thanks, I'll skip! I'll eat an orange instead!

Need a cookie from the jar? *(reach down like you're reaching into a cookie jar)*  
No thanks, I'll skip! And pull a carrot from the patch!

Need a pie in the sky? *(reach high like you're stretching to the sky)*  
No thanks, I'll skip! And pick an apple from the tree!

Need a ride to the park? *(pretend you're driving a car)*  
No thanks, I'll skip! And go *(start skipping around in a circle!)*

Lou, lou skip to my lou!  
Lou, lou, watch me move!  
Lou, lou feel my heart go "Whoo!"  
Skip to my lou my darling!

Healthy, Happy, Active, Fit! All 4 kids eat smart, don't sit!

***The All 4 Kids warm-up song***

For more information, contact:

Anne R. Lindsay, University of Nevada, Reno Extension [lindsaya@unr.edu](mailto:lindsaya@unr.edu) Ph. (702) 940-5434

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# **CREDITS**

## **“All 4 Kids Chant”**

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### **Executive Producer**

Anne R. Lindsay Ph.D., FACSM  
Professor, UNR Extension

### **SONG**

#### **Music Arrangers & Producers**

Annie Lindsay, Christy Sluyter, Robert Root

#### **Recording Artists**

Ginisis TNB

#### **Music & Lyrics by**

Annie Lindsay

#### **Recorded, Mixed & Mastered by**

Ginisis TNB, Robert Root, Thomas “TBone” Demman @ SonSong Recording Studios

### **MUSIC VIDEO**

#### **Video Producers**

Angel Mullis, Anne Lindsay

#### **Writing, Filming & Editing Directors**

Rory Johnston, Kenneth Parker (Denali Sound & Vision, LLC)

#### **Photography**

Scott Beck (Director), Cindi Kay Morehead

#### **Choreography**

Christy Sluyter

#### **Special thanks to:**

Fitwize 4 Kids, Acelero Learning Head Start, the Healthy Kids Early Start Team and the many wonderful volunteers and Extension staff who participated in the making of this project.

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*This project was funded, in part, by Supplemental Nutrition Assistance Program (SNAP), an equal opportunity and provider.*



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