

Follow the Fifty Lyrics ©2012 Linda J. Colangelo (To the tune of “We Need A Little Christmas”)

Follow the Fifty

It's been a year of heart health; and just look at us
Thrilled up, we're rocking
We may be gushing things, but...heck...we've earned the right now

'Cause we feel a little lighter; some of us quit smoking
Lowered our blood pressure...no, we are not joking
Our cholesterol's in check now; so is our blood sugar

*We haven't slowed, some days are blurry
But we're tip top, don't you worry*

We've climbed that ladder
We're at the lightest weight that we have ever seen
Slice up the fruit, not cake!
It's time we hung our hats on all this grand success now

Yes, we ate our fruits and veggies; pumped a little iron
Physically got active; was hard but we kept tryin'
'Cause we had these little angels, sitting on our shoulders
Give it up for all our coaches now!

Follow the Fifty, this year we've learned to live well, each and every day
Thanks to our families, and all our friends who helped us, for them we're thankful now
So let's have a little cheering, right this very minute
Met our goals together, from the start our hearts were in it

And we make this little promise, a pledge to you this minute
Our habits new we will sustain, but Santa dear, tonight's champagne!

We stand tall this evening, it's been a long time since we
Felt so wonderful, slice up the fruit, not cake!
It's time we celebrated, all we've done and just how..

We have grown a little closer
Shared a lot of laughter, by giving up bad habits, “before” gave way to “after”
Now we're on a brand new path to, happy every after...

We're your models of heart health so proud!

Instrumental – Repeat last verse

