

Wellness

Meditation

Chorus:

Wee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Wee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Balance diet exercise

Tayo'y mag wellness na!Stanza 1:

Breakfast mo, eat mo right, make it good

Prutas, gulay, balance all youre food

Right food, right drink para like ang mood

Tayo'y mag wellness na!Chorus:

Wee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Wee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Balance diet, exercise

Tayo'y mag wellness na!Stanza 2:

Push up, sit ups, jog in place

Warm up cool down sa face

Repeat, repeat, everyday

Tayoy mag wellness na!Chorus:

Wee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Wee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Balance diet, exercise

Tayo'y mag wellness na!RAP:

Hop up, wiggle n' pop

Wellness in your grove

Eat right, drink right

Wellness in your food

Hop up, wiggle n' pop

Wellness in your grove

Eat right, drink right

Wellness in your food

Hop up, wiggle n' pop

Balance your food, balance your life!

Tayo'y mag wellness naWee-ee-eel...ness in your food

Wee-ee-eel...ness in your move

Wee-ee-eel...ness in your food
Wee-ee-eel...ness in your move
Balance diet, exercise
Tayo'y mag wellness na!
Wee-ee-eel...ness in your food
Wee-ee-eel...ness in your move
Wee-ee-eel...ness in your food
Wee-ee-eel...ness in your move
Balance diet, exercise
Wee-ee-eel...ness in your food
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Balance diet, exercise
Wee-ee-eel...ness in your food
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Balance diet, exercise
Wee-ee-eel...ness in your food
Wee-ee-eel...ness in your move
Balance diet, exercise
Choose Wellness na!

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