Wellness

Zen Sleep Music Specialist

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
Wee-ee-eel...ness in your move
Balance diet, exercise
Wee-ee-eel...ness in your food
Wee-ee-eel...ness in your move
Balance diet, exercise
Wee-ee-eel...ness in your food
Wee-ee-eel...ness in your move
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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