

## **Boost Your Brain**

First thing in the morning  
you're tired and you're yawning  
all your energy is gone and  
the going's getting really tough  
Got it get it movin'  
You got a test at school and now  
You wanna make improvements  
Let's do it we can tone it up!

### **Chorus:**

Get your Heart rate up ( go, go boost your brain )  
Get your Heart rate up ( go, go boost your brain )  
Don't stop now ( pick up the pace )  
Don't stop now ( pick up the pace )  
Get your Heart rate up ( go, go boost your brain )  
Get your Heart rate up ( go, go boost your brain )  
Don't stop now ( pick up the pace )  
Don't stop now ( pick up the pace )

Now you're really warmin' up  
Now you've got the formula  
the brain and body orchestra  
makin' music every day  
Givin' you a boost when  
You need a little juice  
it's all about these simple movements  
Let's do it we can boost the brain

### **Chorus**

Get your heart rate up and boost your brain  
Get your heart rate up, Get your heart rate up  
( go, go boost your brain )( go, go boost your brain )  
Get your heart rate up and boost your brain  
Don't stop now, pick up the pace, Don't stop now, pick up the pace  
Get your heart rate up and boost your brain  
Get your heart rate up, Get your heart rate up  
( go, go boost your brain )( go, go boost your brain )  
Get your heart rate up and boost your brain  
Don't stop now, pick up the pace, Don't stop now, pick up the pace

### **Chorus**