

Go With The Flow

Verse 1 The heart is one strong muscle,
Which never takes a rest!
It sits between your lungs,
Near the middle of your chest.
It pumps blood round your body,
Through blood vessels, you see!
On top of this it comes with
A lifetime guarantee!

Chorus *Sixty thousand miles of tubes
Transport blood to and fro
With each heart beat – that's no mean feat, so.....
GO WITH THE FLOW!*

Verse 2 Inside the heart are chambers,
That's four, to be precise!
They have a special function,
They squeeze blood round....mmm, nice!
When oxygen is added,
Blood goes back to the heart,
From there to every organ,
Then right back to the start!

Chorus *Sixty thousand miles of tubes.....*

Verse 3 To keep your body fit,
Try to take more exercise.
Maintain a healthy diet –
Cut down on sweets and fries!
Both alcohol and smoking
Cause harm, as time will tell,
So kick them into touch
And your heart will serve you well!

Chorus *Sixty thousand miles of tubes.....*

Repeat *GO WITH THE FLOW!
GO WITH THE FLOW!*