



Dear Fellow Alaskans,
I hear that you were askin'
What it means to be a healthy hero

Obviously it's not drugs
Or back stabbing hugs
That leads people to think
You're someone, you're not
That's not what you were taught
Not only be healthy in body
But be healthy in thought
You don't have to receive everything that you
caught.

Throw away the negative
The cigarettes that multiply your cancer by ten
The chew that eats, right threw to your chin
The alcohol you drink, just to fit in
Add these up...
And you get zero, far from a healthy hero

So you don't need no red cape
Or special agilities
You are already equipped with God given abilities
To run or walk at your own pace
To recognize peer pressure and create some space
And when you mess up
Know that God has not handed out the last of his grace
Healthy hero

-Laura Ingham