

Break It Down!

Verse 1

Lenny breaks down cell parts worn out with age,
Damaged proteins and waste come his way.
His powerful enzymes break them apart,
Recycling the pieces for a brand-new start!

Chorus

Lenny Lysosome, break it down!
Lenny Lysosome, recycling all around!
Break down the old, recycle and reuse,
Send building blocks back for the cell to use!

Verse 2

Lenny keeps his inside acidic and low,
That helps his digestive enzymes go.
Proteins, lipids, sugars, DNA,
Lenny breaks old materials down every day!

Chorus

Lenny Lysosome, break it down!
Lenny Lysosome, recycling all around!
Break down the old, recycle and reuse,
Send building blocks back for the cell to use!

Bridge

Worn-out parts may not work like they should,
Keeping them around won't do the cell good.
Autophagy gathers damaged parts away,
Vicky brings them over to Lenny each day.
Lenny breaks them down so they can be reused,
As building blocks to repair and build something new!

Verse 3

Run, jump, dance, get moving today,
Exercise can stimulate autophagy along the way.
Worn-out parts get recycled anew,
Helping healthy cells do what they need to do!

Final Chorus

Lenny Lysosome, break it down!
Lenny Lysosome, recycling all around!
Break down the old, recycle and reuse,
Send building blocks back for the cell to use!