

♪ Go, Mike, Go! ♪

Verse 1

The sun is up, the coils are bright,
Mike the Mighty hums with strength and might.
In every cell, both old and new,
Making energy your cells can use!
He uses fuel and oxygen too,
To make ATP for work to do.
From thinking hard to having fun,
ATP helps get the job done!

Chorus

Go, Mike, Go! Keep shining through,
Mike the Mighty Mitochondrion,
Making ATP for all you do!
From brain to feet, through work and play,
Mike keeps your cells powered night and day!

Verse 2

Too much sugar, too little play,
Not enough sleep can get in the way.
Oxidative stress can cause a storm,
Too many free radicals start to swarm!
They damage proteins, lipids too,
So making ATP gets harder too.
Healthy food, good sleep, and exercise,
Help keep Mike working strong inside!

Chorus

Go, Mike, Go! Keep shining through,
Mike the Mighty Mitochondrion,
Making ATP for all you do!
From brain to feet, through work and play,
Mike keeps your cells powered night and day!

Verse 3

Exercise sends the signal clear,
"Build more power stations here!"
A little challenge, then some rest,
Helps Mike adapt and do his best.
Old ones recycle, new ones rise,
More mitochondria build with time.
Stronger and steadier, ready to do,
The energy-making work cells need them to!

Chorus

Go, Mike, Go! Keep shining through,
Mike the Mighty Mitochondrion,
Making ATP for all you do!
From brain to feet, through work and play,
Mike keeps your cells powered night and day!

Bridge

Run, jump, think, laugh, learn and grow,
Mike makes the ATP that helps it all go!
Tiny mitochondria, mighty and true,
Working every moment inside of you!

Final Chorus

Go, Mike, Go! Keep shining through,
Mike the Mighty Mitochondrion,
Making ATP for all you do!
From brain to feet, through work and play,
Mike keeps your cells powered night and day!
Go, Mike, Go! Keep shining through,
Mike the Mighty Mitochondrion,
Making ATP for all you do!
From brain to feet, through work and play,
Mike keeps your cells powered night and day!