

12 Ways to Health *Holiday Song*



Created by the
Centers for Disease Control and Prevention (CDC)

The first way to health said the CDC to me: Wash hands to be safe & healthy

The second way to health said the CDC to me: Bundle up for warmth

The third way to health said the CDC to me: Manage stress

The fourth way to health said the CDC to me: Don't drink and drive

The fifth way to health said the CDC to me: Be smoke-free

The sixth way to health said the CDC to me: Fasten belts while driving

The seventh way to health said the CDC to me: Get exams and screenings

The eighth way to health said the CDC to me: Get your vaccinations

The ninth way to health said the CDC to me: Monitor the children

The tenth way to health said the CDC to me: Practice fire safety

The eleventh way to health said the CDC to me: Prepare dinner safely

The twelfth way to health said the CDC to me: Eat well and get moving

Adapted from: <https://www.cdc.gov/family/holiday/12ways.htm>

