

# The 12 Ways to Health Holiday Song

*This program is presented by the Centers for Disease Control and Prevention.*

The first way to health, said the CDC to me,  
Wash hands to be safe and healthy.

The second way to health, said the CDC to me,  
Bundle up for warmth, and wash hands to be safe and healthy.

The third way to health, said the CDC to me,  
Manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The fourth way to health, said the CDC to me,  
Don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The fifth way to health, said the CDC to me,  
BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The sixth way to health, said the CDC to me,  
Fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The seventh way to health, said the CDC to me,  
Get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The eighth way to health, said the CDC to me,  
Get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The ninth way to health, said the CDC to me,  
Monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The tenth way to health, said the CDC to me,  
Practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The eleventh way to health, said the CDC to me,  
Prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get

exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The twelfth way to health, said the CDC to me,  
Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children,  
get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*