

Healthy Sheboygan County 2020 column: CDC offers '12 Ways to Health' through song

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“The 12 Ways to Health Holiday Song,” to the tune of “The 12 Days of Christmas,” has festive tips from the Centers for Disease Control for staying healthy and safe during the holidays.

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.

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.

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.

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 10th 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 11th 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 12th 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.

—Today's article is from the CDC link www.cdc.gov/family/holiday/12ways.htm, where the song can be heard or sent to friends and family in an e-card.