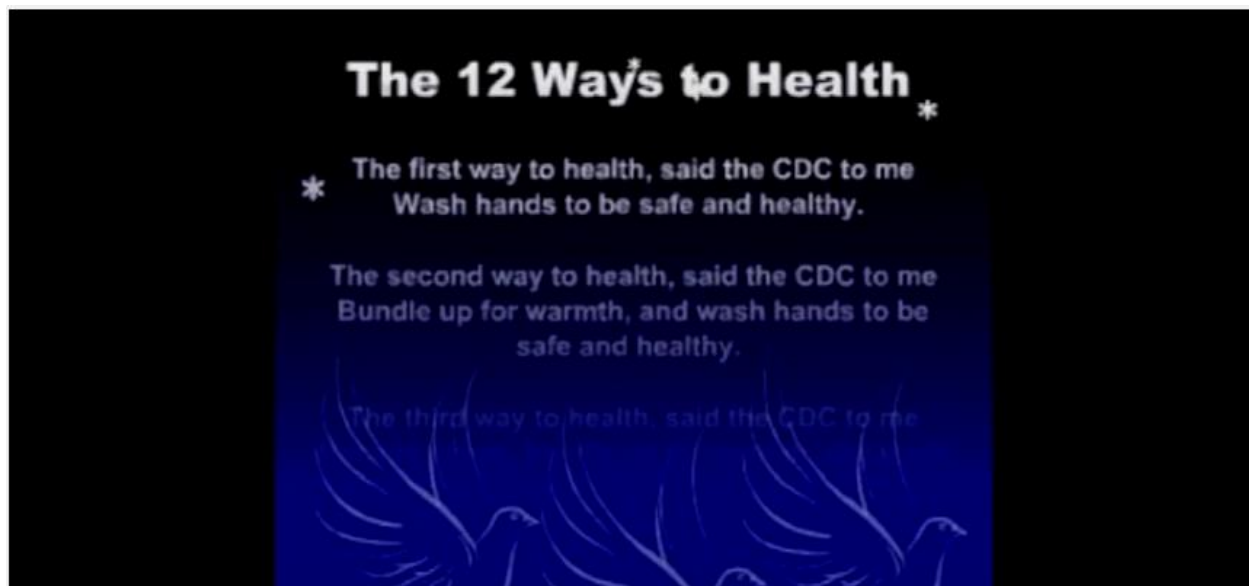


Staying Healthy During the Holidays with “12 Ways to Health”

By the Water Quality & Health Council

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In a nutshell...The “12 Ways to Health” is a song that promotes a dozen strategies for staying healthy during the holidays. It is a production of the Centers for Disease Control and Prevention and sung to the tune of “The Twelve Days of Christmas.” “Ways to health” include hand-washing, bundling up for warmth, managing stress, and more.



[WATCH VIDEO](#)

To help you enjoy the holiday season safely and in good health, we present the Centers for Disease Control and Prevention’s (CDC’s) [“The 12 Ways to Health”](#) video. The video features a song to the tune of “The Twelve Days of Christmas.” But instead of highlighting a partridge in a pear tree, turtle doves, and maids a milking, these lyrics provide reminders through the mounting verses to:

1. Wash Hands to be Safe and Healthy
2. Bundle up for Warmth
3. Manage Stress
4. Don’t Drink and Drive

5. BE SMOKE-FREE
6. Fasten Belts While Driving
7. Get Exams and Screening
8. Get Your Vaccinations
9. Monitor the Children
10. Practice Fire Safety
11. Prepare Dinner Safely
12. Eat Well and Get Moving

Happy Holidays from the Water Quality & Health Council!

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