

Sesame Street, The Ten Commandments Of Health

One, wash your hands before you eat
Two, brush your teeth after every meal
Three, see your doctor and your dentist
We all need checkups no matter how good we feel.
Oh how lovely life will be if we keep the
Ten commandments of health.

Four, cover your nose whenever sneezing
Five, cover your mouth when you're coughing too.
Six, dress warmly in cold weather
And you won't have much coughing or sneezing to do.
Oh how lovely life will be if we keep the
Ten commandments of health.

Health, oh sweet health,
It's worth more than fame or wealth to me.
One thing I say a lot:
"Take care of the life you got it's such a precious commodity."

Seven, exercise to keep in shape
Eight, bathe or shower when each day is through
Nine, eat lots of fruits and vegetables
Ten, give your body all the sleep that it's due.
Oh how grand we're gonna feel
'Cause we'll keep the
Ten commandments of health.
The ten commandments of health!