

## Sesame Street

# "The Ten Commandments Of Health"

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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!

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