

Healthy Living

...for life!

Alameda County Public Health Department

The S – O – D – A Song

Healthy Communities...*for life!* Workshop, June 2007

Young man, do you want to grow strong?
I said, young man, do you want to live long?
I said, young man, take a look at your drink and
Think, think, think, about it.

Soda, it's no good for your health.
It just adds to, all the industry's wealth.
Too much sugar, you don't need in your day.
We'll help you, get free today.

Chorus:

It's time to put down your S – O – D – A.
We're gonna give up our S – O – D – A.
It will make you get fat
And you don't want to have that
Heart disease and diabetes
You can start to change that!

S – O – D – A.
We're gonna give up our S – O – D – A.
You can get yourself clean,
Let me just tell you how.
Drinking water instead
Will help you get healthy now!

So join us, in our summer campaign.
We need you to, commit to making a change.
Reduce soda, it's a good place to start.
Come, join, and do, your part.

Just sign up, on the green campaign card.
You can pledge now, oh it's not very hard.
Then keep track of, all your soda-free days.
Think of all the bucks you'll save!

Repeat Chorus



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