

## Button Up Your Overcoat

### Description

Button up your overcoat, Take your vitamins

Take good care of yourself, Youâ€™ll be glad you did!

Eat an apple every day, Take a walk outside  
Take good care of yourself, And enjoy the ride!

### CHORUS:

Be careful crossing streets, Ooh- ooh

Get enough sleep, Ooh- ooh

Cut out sweets, Ooh- ooh

Find a friend to talk with, and make some joyâ€™!

Choose an active way of life, Fit is the way for you  
Take good care of yourself, And your people, too!

Get out in nature every day, Learn to meditate

Take good care of yourself, It never is too late!

Be sure to hydrate well, Eat wholesome food  
Take good care of yourself, Itâ€™ll feel real good!

### CHORUS:

Steer clear of too much stress, Ooh- ooh

Sedentary-ness, Ooh- ooh

Do your best, Ooh- ooh

Live life to the fullest every single day!

Be sure to get involved, In your community

Take good care of yourself, And you'll be happy!

Keep up with your vaccines, And the doctor, too

Take good care of yourself, And prioritize you!

And, when the world feels all a-mess, Sing a song or two

Get out and protest, it's the thing to do!

Oh, get out, and protest, it's the thing to do!

## Category

1. Health Care/Healthcare

## Date Created

May 8, 2026

## Author

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## Meta Fields

**Lyrics By :** Granny FiFi

**Gaggle :** Piedmont Raging Grannies

**Tune :** Button Up Your Overcoat

**Key Or Starting Note :** Key: A, Starting note: E

**Youtube Link :** <https://youtu.be/0O8clPdmsEY?si=C8gu3pgfBIFeMS67>