

# ONE BODY

Our bodies were designed to stretch and bend  
Shake and move, arch and extend  
They come in every shape and size  
But only one each and it's yours for life

They may not be what we'd pre-order  
If we drew a design and sketched a border  
We might use the eraser to fix a mistake  
And redo the outline to suit our own taste

And even if we had what we defined  
It's likely we'd wish we could still refine  
Cos others had better, either more or less  
So we're always dissatisfied, wanting the best

It's fortunate then that we have the ability  
To make a change to increase suitability  
A bit of sculpting and some better fuel  
Can improve the model with the right tools

If we can conjure up some motivation  
And match with our own inspiration  
Add support and encouragement that we need  
And then healthy exercise can be our new creed

Our bodies were built to last the distance  
We have only to demonstrate our insistence  
That we need them to operate at maximum efficiency  
To live a full life without deficiency

We don't have to feel alone in our quest  
We have Glenn and team to give us their best  
Always there guiding us in our endeavours  
And reminding us we are all in this together

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by Robin Ellwood