

Ode to exercise

With apologies to Dr Seuss "Green Eggs and Ham"

Exercise. Exercise.

I do not like that exercise.

I do not like the time it takes.

I do not like the effort it makes.

I do not like being sweaty and hot.

I just don't like it. I do not.

I do not like it with a trainer.

I do not like the circuit strainer.

I do not like it in the gym,

I do not like a vigorous swim.

I do not like the heating sun.

I do not like an outdoor run.

I do not like it on a bike.

There's very little I would like.

Would you like it on TV?

Would you, could you with a Wii?

Okay. I'll try it on TV.

Okay. I'll try it with a Wii.

Oh I love it. Yes I do.

This exercise is good for you!

I could do it every day.

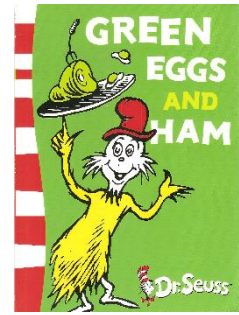
I would do it, step this way.

I would do it on the floor.

I would do it right indoor.

Exercising with the Wii,

I have found the one for Mii!



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