

## Exercise Poem for Older People

If your lungs creak in your sleep  
and wake up before you in the morning,  
and you cough up half your soul  
before you've finished yawning,  
it might be that exercise isn't what you do,  
but there'll be a way of keeping fit  
that's tailor-made for you.

You can exercise in your chair  
with arms and legs and wrists.  
You can do it at the hairdresser's  
and you can do it at the dentist's.

You can exercise your lungs  
by shouting at the telly.  
You can exercise your diaphragm  
by dancing with your belly.

You can learn about your posture  
to improve your mobility  
and reduce the number of times  
that you exercise with gravity.

You can exercise your finances  
and apply for pension credit.  
You can cut down on your council tax  
and fatten up your wallet.

And when you're in the supermarket,  
you can exercise your eyeballs  
by having a good close look  
at what's written on the labels.

You can exercise your mind  
by arguing all the time  
with as many people as possible,  
especially if you're right.

You can exercise your muscles  
and swing your grandkids round,  
and you can exercise your assertive skills  
by refusing to put them down.

You can improve your circulation  
by walking from time to time,  
and you can exercise your smile  
by sitting in the sunshine.

You can exercise your endorphins  
by laughing every week,  
and you can exercise your heartbeat  
just by dancing cheek to cheek.

*By Rob Gee*

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