Well, we take our bodies for granted,

A dangerous thing to do,

Muscles can stiffen in an instant,

That phrase is so very true.

So, treat your body like a temple,

A palace, or stately home,

Keep all your moving parts well oiled,

Don’t sit still like a garden gnome.

Luxurious deep body rubs,

In a massage parlour deluxe,

Will keep your body finely tuned,

As the masseuse instructs.

You won’t need to use a walking stick,

In your latter years,

A massage at least once a week,

Should be enough to do the trick.

Your back will be so supple,

You’ll never hear it click,

And with that spring in your step,

You’ll be very rarely sick!