

## Keep Fit

- 1) I go regularly to the gym  
To constantly stay quite slim  
Because to avoid fat you can't disguise  
You need some exercise
  
- 2) With no intention to quit  
I quite often do keep-fit  
Improving my physical and mental health  
Which are worth much more than wealth
  
- 3) Yoga is done sometimes too  
By both me and you  
Also, about chocolate, please keep quiet  
Because I'm on a healthy diet
  
- 4) Plenty of sport is by me done  
Whilst having lots of fun  
And later, still in my tracksuit  
I usually have a bit of fruit
  
- 5) Vitamins also are needed each day  
To keep many illnesses away  
You need them, and exercise, to do well  
In what your future has to tell