

Having fun with the subject of...

Exercising

It is well documented that for every minute that you exercise, you add one minute to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where she is!

The only reason I would take up exercising is so that I could hear heavy breathing again.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to show up.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

If you are going to try cross-country skiing, start with a small country.

And last but not least:

I don't exercise because it makes the ice jump right out of my glass.

***For your (healthy) information:** Walking is recommended as the easiest, and cheapest way to start getting into shape. I personally walk at least 4 days a week for 40 minutes or more. Better to be fit and fat or (overweight) than just plain old fat.*

We hear about all the "cures" out there in the Health Care industry,
Here's a little spoof that will make you laugh. The author is
unknown.

"The Cure 'al"

Slicker than a fish out of water - smoother than a fillies nose - here in
this bottle's a miracle drug - a nutri-ceuticle senna, nobody knows.

You can eat it, drink it or plant it - stick some under your ear - pick
any breed, results guaranteed - the data's perfectly clear.

It's good for foot rotten gophers - shafting, and buffalo sties - horses
with corns and cows with big horns - and girls with fire in their eyes.

Good for goats with bad dispositions - and lovers losing their spark -
turpentine cats and blindfolded bats - and for dogs who forgot how
to bark.

But friends, are you troubled with aphids? Long Distance gone
through the roof? Are your kids all down with the flu? Cattle won't
gain; you're needing more rain,

Let me tell you what this stuff will do. It will give you more miles
per gallon. ...It will relieve your gastric distress. And if that ain't
enough, this wonderful stuff will eat the barbecue stains off your
dress! Call 1-800- **GET RICH NOW!**