

New Year's Resolution: I will be physically active

A year ago I took a bet
I would get fit, my mind was set
My muscles flexed, my teeth were grit
Within a year I would get fit
A run a day, a walk or two
Where to start? Don't have a clue.
A website would be good, you see,
To surf to find activity.
I want it fun, not slogging tasks
How much is good? My body asks
An ocean swim, a kayak paddle,
Perhaps a ride in pony's saddle?
A garden dig, get out the spade -
Or running games that can be played.
The great outdoors, or in a gym
Climb a tree, out on a limb.
Take up dancing, waltz and groove
So many ways that we can move
The year has passed and I want more
I'd like to move more than before!
I may just rid me of my paunch
with this Be Active Cockburn launch.
I'll log on to the web each day
And then unplug, go out and play.
Well done Cockburn, you're not slow
Be Active Cockburn, way to go!

By G. Ruth Banwell
Beaconsfield