

Aging

by

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It is said, over time, we all grow old,

But I have a plan to put age on hold,

No smoking, no drinking, early to bed,

Grains, nuts and pulses, and only brown bread,

Five portions daily of veggies and fruit,

And chewing often on liquorice root,

Running three times a week, and yoga twice,

Heeding the latest medical advice,

With skin smooth and soft, unblemished, un-creased,

This body's a temple, me the High Priest,

One hundred and twenty years is my goal,

And to this aim my body I'll cajole,

So no fun and games for me anymore,

I've turned into the most terrible bore.