

Neck Exercise

We stare at the computer
For hours, every day.
MySpace, Facebook and Google
Entrapped us in their hands.

We never take a break
To exercise ourselves.
It seems too hard today.
We cannot leave the Net.

The doctors give us warnings.
But we don't give a damn.
Too lazy for a workout,
Too busy for a break.

I wrote this little poem
For all the lazy people
To make them do some movement
And scare the pain away!

So if you need a warm up,
But cannot leave your chair
Re-read this text all over
At least three times per day!



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