

Screen Jean

1

This is the story of little Screen Jean.
She loves her computer, if you know what I mean.
Morning, noon, and night she sits, sits, and sits
Glued to a screen that exercises her wits.

2

She watches, works, listens, and plays
With programs and games that take up her days.
Her fingers are exercised; her brain is fit.
Her eyes get a workout, and that's about it.

3

One day Jean's body begins to revolt.
It surprises Jean; it is quite a jolt.
Her muscles are weak and her strength is gone.
Her legs turn to rubber and her arms lack brawn.

4

"How did this happen?" thinks Jean to herself.
"I'm exhausted and tired and can't do much else.
I used to be active and ride my bike.
I played with my friends and liked to hike."

5

"Now I do little and my health isn't good.
It's time to wake up and do what I should.
I need to get moving, not sit, sit and sit.
I want my body to be healthy and fit."

6

Jean decides one day to make a change.
At first she feels it a little strange.
She gets out of her chair; she starts to play.
She walks or jogs almost every day.

7

It doesn't take long for her strength to return,
And for Jean to share the lesson she's learned.
There will be no more sitting for all of her days.
She'll take lots of time to have fun and play.

8

"Use it or lose it!" Jean proclaims to her friends.
"Our bodies need exercise, so we should not pretend
That a sedentary lifestyle poses no threats.
Get up and get moving so you have no regrets."

