

## **Couch Potato**

I've become a couch potato  
How did that occur?  
I slump down in the morning  
And don't really need to stir  
I wear my Nike Tshirt  
As if I'm ready for the gym  
Then switch on the telly  
And let the world come in  
Joe Wicks with squats and burpees  
He does them all with ease  
I watch from the comfort of my sofa  
This really is a breeze  
That really made me hungry  
But I think that I'm in luck  
They have some tasty treats  
On Ready Steady Cook  
That really was delicious  
Now I'm off to learn to ski  
From exclusive ski resorts  
Which they show on ITV  
I found that quite exciting  
Those mountains were a breeze  
No skis or poles required  
I conquered them with ease  
Time to have a sing song  
To keep my voice in tune  
I miss my Friday choir  
Lets hope we meet up soon  
Now it's time to party  
I use an App called zoom  
To have a drink with friends  
Without leaving my front room  
I've become a couch potato  
How did that occur?  
I slump down in the morning  
And don't really need to stir!

**Janet Hutchinson**