

# Nutritional health: pool and plunger

## Poetry

To optimize lifestyle,  
We must firmly restyle  
Nature as a fit model,  
We must do it old style

Eating, resting, exercise,  
Are what we need harmonize  
To get balance of three,  
We must move and activize

For each meal and every day,  
Needed working no delay  
Running panting in sweat,  
Is what not to keep away

No weekly or the longer,  
Work out to cease the hunger  
Do exercise every day,  
Become pool and plunger.<sup>1-23</sup>

## Acknowledgements

None.

## Conflict of interest

Author declares that there is no conflict of interest.

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Special Issue - 2015

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**Received:** October 1, 2015 | **Published:** October 5, 2015

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