

Poetry





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. 1-23

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Conflict of interest

Author declares that there is no conflict of interest.

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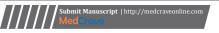
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