

TGIF,

Walking the perfect exercise

**My grandpa started walking five miles a day when he was 60.
Now he's 97 years old and we don't know where he is.**

**I like long walks, especially when they are taken
by people who annoy me.**

**The only reason I would take up walking
is so that I could hear heavy breathing again.**

**I have to walk early in the morning,
before my brain figures out what I'm doing..**

**I joined a health club last year, spent about 400 bucks.
Haven't lost a pound. Apparently you have to go there.**

**Every time I hear the dirty word 'exercise',
I wash my mouth out with chocolate.**

**I do have flabby thighs,
but fortunately my stomach covers them.**

**The advantage of exercising every day is so when you die, they'll say,
'Well, she looks good doesn't she.'**

**If you are going to try cross-country skiing,
start with a small country.**

**I know I got a lot of exercise the last few years,.....
just getting over the hill.**

**We all get heavier as we get older, because there's a lot more information
in our heads. That's my story and I'm sticking to it.**

Have a GREAT Weekend!

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Spreading "Health & Humor through Harmony"**