

THE WALL FLOWER

Come off the couch and follow me,
It's time that you went out.
In spite of where you'd rather be
you need to walk about.

I know you think the great outdoors
is best seen on T.V.,
but life is more than kitchen floors
at meal times--come and see.

Come on outside and take a walk,
it's where you ought to be.
Don't just sit there and make small talk;
this walk's for you, not me.

by Lee Netzler