

# Fitter Happier

## Samson Dalonoga feat. the Found Sound Orchestra

Fitter, happier, more productive  
Comfortable, not drinking too much  
Regular exercise at the gym 3 days a week  
Getting on better with your associate employee contemporaries  
At ease, eating well  
No more microwave dinners and saturated fats  
A patient better driver, a safer car, baby smiling in back seat  
Sleeping well, no bad dreams, no paranoia  
Careful to all animals, never washing spiders down the plughole  
Keep in contact with old friends, enjoy a drink  
now and then  
Will frequently check credit at Moral Bank  
hole in wall  
Favors for favors, fond but not in love  
Charity, standing orders, on Sundays ring road supermarket  
No killing moths or putting boiling water on the ants  
Car wash also on Sundays  
No longer afraid of the dark or midday shadows  
Nothing so ridiculously teenage and desperate  
Nothing so childish  
At a better pace, slower and more calculated  
No chance of escape, now self-employed  
Concerned but powerless  
An empowered and informed member of society  
Pragmatism, not idealism  
Will not cry in public  
Less chance of illness  
Tires that grip in the wet  
Shot of baby strapped in back seat  
A good memory  
Still cries at a good film  
Still kisses with saliva  
No longer empty and frantic  
Like a cat tied to a stick  
That's driven into frozen winter shit  
The ability to laugh at weakness  
Calm, fitter, healthier and more productive  
A pig in a cage on antibiotics

Lyrics provided by

<https://damnlyrics.com/>