

# Fitter Happier

## Silent Gray

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 contemporariesAt 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 plugholeKeep 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 supermarketNo 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 childishAt a better pace, slower and more calculated

No chance of escape, now self-employed

Concerned but powerless

An empowered and informed member of societyPragmatism, 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 memoryStill 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 shitThe ability to laugh at weakness

Calm, fitter, healthier and more productive

A pig in a cage on antibiotics

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