

## 10,000 Seconds

Just ten thousand seconds a week will keep you in good shape,  
Yes, less than twenty-five minutes a day can help you feel great.

You can do that, yes you can, absolutely anyone can!

Just plan your workout and work, work, work your plan!

Some of us spend that much time watching silly cats on the web.

Or smoking outside, which only gets you closer to the dead.

It's less time than it takes to watch an episode of Big Bang or the Simpsons,

Or sitting on your couch eating cheese balls and drinking Funyuns.

10,000 seconds is less time than it takes,

To watch one football game or a one NASCAR race.

10,000 seconds a week will help you live longer,

While all this time, your body gets stronger and stronger.

Hip Hop, Pilates, Bowflex, whatever you choose,

Work out for 10,000 seconds and your life will surely improve.