

How to Live to a Hundred and Two

By Marilyn Reeves

If you want to live to a hundred and two
There are certain things that you must do:
Stay away from tobacco whatever you do!
Don't sniff or snuff or even chew.
And never be tempted to smoke!
Except in Colorado –
With a substance sometimes called M.J.
Now they say that it's okay
If you want to have a toke.

Smoking and drinking used to be in
But nowadays they're considered a sin.
Oh, a glass or two of wine a day
Are still considered to be okay,
If that is your desire.
But if you light up you'd best stay away
'Cause you're considered a social pariah.

Get plenty of sleep – don't be like me.
I go to bed at 9:00 o'clock
But then get up at three.
I get my day's work done before
The sun comes up –
Now what do I do with the rest of the day?

Be sure to eat right and don't get fat.
But they keep changing the rules –
What's up with that?
Pasta was in but now it's verboten.
Butter was out, but now it's okay.
Don't drink coffee they used to say –
But now you can have up to five cups a day.

I don't know what it's all about –
If they told me I've forgotten.
But the key seems to be, and it works for me:
If it tastes good spit it out!

Get plenty of exercise.
Lift weights. Do yoga.
Walk a mile a day.
I count the steps to the refrigerator
And stay in shape that way.

Last but not least, inherit good genes.
If your parents lived to a hundred and two,
Follow the rules, don't get hit by a train,
Then there's a good chance you will too!

I never said I follow the rules
But I wrote them down for you.