



It's a Virtual Reality

Is it really week seven of the Covet-19 lockdown?

Still our Be a Part of Fit group never wear a frown

No Corona Virus will stop us in our tracks

Because we're too busy doing all those jumping Jacks.



Be a Part of Fit Virtual has become a massive hit

Now we only worry about where we left our Fit Bit

Armed with our treasured toilet rolls and tins of baked beans

We don't need any Dumbbells or fancy Gym machines.



We can stretch, squat, lunge and go jumping up and down,

Why we have even learned to juggle just like a circus clown

And if you think life's boring don't become a drama queen

Unless you're making movies for our Oscars Screen.



So let's all go virtual, for there is no time to nap

We haven't got a minute with the pinging of WhatsApp.

Now if you're still not convinced thinking that's a load of flannel

Why not check us out on our Be a Part of Fit YouTube Channel



