Diet and Exercise

June 1, 1995 By Mark O'Donnell

Pharmacy: A long wait for drugs, but candy’s available right away.

Tofu and wheat germ: Discomfort foods.

The doctor prescribes ice cream after you’ve lost the taste for it.

The poor are fat; the rich are thin.

For every candlelit dinner, eventually, shit.

The Stairmaster: Travel for shut-ins.

Music meant for dancing becomes background for push-ups.

Long-dreaded exercise quickly feels joyful.

Along with the body’s, take care of the mind’s immune system.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/Diet-and-Exercise-4854-8932