

Weight Intervention

I know you think you're not obese and hang on to that thought
But do you know that means you're now an extra yard too short?
Someone of your weight should measure over 8 feet tall
So you're just a healthy person who got crumpled in a fall?

Don't fool yourself or me by saying you don't have much to eat
Somewhere in your day you must be having treats
And in between the chocolate bars, burgers and the chips
You must be eating something else that's going to your hips

Don't look at me as if you think I'm being quite unfair
Your bod just isn't capable of metabolising air
To get and be the size you are it's what goes in your mouth
Some sticks around your face and neck but most is going south

Your chin is disappearing in the collar of your neck
You're such a lovely person but where's your self-respect
To let yourself get in this state and do you even care
That very prematurely one day you won't be there?

If the blubber doesn't kill you diabetes lies in wait,
A heart attack or stroke and you're leaving that to fate?
You're poisoning your body with an easy fast-food diet
I tell you this in friendship so don't ask me to be quiet

No-one could pass you in a doorway or pass you on the stair
Your body overhangs the sides of any normal chair
Your heart is pumping blood around an extra mile of pipe
And you probably have apnoea to wreck your sleep at night

Don't kid yourself you're healthy, 'cos you'd be very wrong
And it'll all catch up with you before so very long
You can't sneak up on anyone who's watching stuff on tele
'Cos before you're even in the room they can see your belly

It precedes you through a doorway and it makes it hard to sit
Your kids can't sit upon your lap – there's nothing left of it!
You cannot take exertion, it makes your muscles hurt
Your bodies stretched and straining now just like that old T-shirt

I wish you'd take control before it gets to be too late
Whenever that might be, because there isn't a set date
You have to make a change today if you're to have the chance
To see your children married and be fit enough to dance