

A Poem for my Atkins Family

Christmas is a very special time of the year
To send greetings to those we hold dear
So I say to you all a big thank you
For helping me the way that you do

Every Monday morning I have a gym session with Jess
Always a smile on her face, she certainly is one of the best
She supports me and guides me to improve my health
And for me that's more important than wealth



On Tuesday I see the Boss Man Max
He never gives me any time to relax
I know that he does it for my own good
So I try really hard, as I know that I should

On Thursday I see the family man Carlo
His gorgeous son is on many of his photos
He is very caring but he makes it hard work
So every session I try not to shirk

Next there is Bailey who always says
Hi June and how are you feeling today
I almost always say I'm fine but some days I am not
That's where he comes to be a great shot



The physio, George is as English as his name
Has now come and joined in my little game
He knows how to make me feel so good
In teaching me to breathe as I should

Out with the old and in with the new
These are the things we wish for you
Merry Christmas and a Happy and Healthy New Year
Not only for you but for those you hold dear

MICHAEL AND MYSELF WISH YOU AND YOUR LOVED ONES A VERY
MERRY CHRISTMAS AND A HAPPY NEW YEAR!

Written by June Shaw
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