

## Later Life In Movement and Posture

Length of Your Stride  
Equals  
Your Strength to Continue in Life.

Your Curvature Forward and Exclusive Ground View  
Equals  
Your World Shrinking Around You.

Your Stooped-Over Micro-Shuffle  
Equals  
Your Game of Life Is Near Its End.

Many Elders  
See Their Lives Dither Away  
In a Petulant Cascade  
Of Mini Withdrawals.

What Will Your Posture Be  
As You Make Your Moves  
In the Waiting Game  
At the Exit Door?

Will You  
Straighten Up,  
March Forward,  
Move On,  
And  
? Design Your Own Over and Out ?

Or

Will You  
Curl Into Crippledom,  
Double Down  
In Diapered Dementia,  
And  
? Gradually Fade to Ignominious Black ?