



## GREAT TRUTHS ABOUT GROWING OLD

1. Growing old is mandatory; growing up is optional.
2. God put me on earth to accomplish a certain number of things. Right now I am so far behind, I will live forever.
3. Forget the health food. I need all the preservatives I can get.
4. You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.
5. You're getting old when you get the same sensation from a rocking chair that you get from a roller coaster.
6. Perhaps you know why women over 50 don't have babies; they'd put them down somewhere and forget where they left them.
7. One of life's mysteries is how a two-pound box of candy can make a person gain 5 pounds.
8. It's frustrating when you know all the answers, but nobody bothers to ask you the questions.
9. I finally got my head together, and my body fell apart.
10. Time may be a great healer, but it's a lousy beautician.
11. The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends.
12. Amazing!! You just hang something in your closet for awhile, and it shrinks two sizes!
13. Freedom of the press means no-iron clothes.
14. Every time I think about exercise, I lie down until the feeling passes.
15. Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.