

Recapturing Recess

Now I know
Y'all can remember
The recess bell

The wave of exhilaration
The sigh of relief
The sheer release

The transformation
Of fidgeting
Into linear motion

Raise up your hands
If you can remember
All that pent-up energy

Exploding
Into air and space
And wind and sunshine

And if you can recapture
Even a little of the joy
Of unbridled movement

Then just maybe
There's hope
For the couch potatoes

Those of you
Too worn down
Even to fidget

Think you need rest and food
But you toss and turn in bed
And meals don't really sit well

These bodies just weren't meant
For so much sittin' and standin'
And so little *recess*

T____, 4/3/96

Antronette (Toni) Yancey, MD, MPH

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Shiriki Kumanyika and Collins Airhihenbuwa

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