# Sonnet to Online Exercise

*(With more apologies to Upstart Crow)*

Shall I compare thee to a stroll in the park?

Thou art more safe while in lockdown.

Rough bandwidth do shudder the image onscreen,

And three months of this is so long a date.

Sometimes too close the sofa and chair lies,

And oft the elbow and the knee are chimmed;

And dog hair on the yoga mat sometimes inclines

By chance, up noses and on lycra combine

With cat, that monster of the block’ed screen;

And mobile phone – that curse – doth keen

With distractions large, small, funny and mean

To send me back to fridge for snack and drink.

So long as all can stretch, or bend or b-r-e-a-t-h-e,

So long lives this, and keeps thee virus-free.

Chris Harris