

Forces they are the best, push and pull and gravity and all the rest  
First come push, where you put your body weight on to something else  
Then come pull where you use your strength to drag something back

Push and pull and gravity , air resistance you cannot see..  
And all these forces, they work on me and you  
(forces..)

After, there is air resistance too...it's the wind hitting you..  
These are the forces that act on you...  
Without these forces I don't know what you do.....