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Editor's Note



Here's a variation on today's quick exercise. When I worked at Deloitte, we used to fire rubber bands into trash cans, across the room, down the hall (and occasionally at each other). Among other things, while at Deloitte I learned the art of firing a rubber band properly in order to achieve speed and distance. But I digress. Stick to the paper wads mentioned in today's exercise and you won't have to listen to someone whining, "You could put an eye out with that thing."

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Trash Can Basketball

When you're stressed out and tired, yet you know you have to keep working, taking a "play" break can be the best way to revive your body and your mind. Trash can basketball is a fun office favorite – you certainly won't feel like you're exercising!



Step 1: Sit or stand a reasonable distance from your trash can – you don't want to make it too easy.

Step 2: Wad up some paper or bring a Nerf ball to the office and start shooting!

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