What do to with giveaways or prizes.

Q: Why don’t they galvanize ships to prevent corrosion?
A: That would make them zinc.

The secret of getting ahead is getting started. – Mark Twain

Chicken Fajita Roll-ups

Arm Pulses: Stand up at your desk with arms by your sides and palms facing behind. Pulse the arms backward for 20 seconds.

Refuse: to accept the giveaway or prize if you know it will end up in the trash.

Q: Why does a pound of hamburger have less energy than a pound of steak?
A: Because it is in the ground state.

What you get by achieving your goals is not as important as what you become by achieving your goals. – Zig Ziglar

Sun-dried Tomato and Broccoli Pasta

Arm Circles: Stand with arms extended straight out to sides at shoulder height. Circle arms 20 times backward, switch directions, and repeat.

Reduce: ask yourself if you will use any or all of the giveaways or prizes.

Q: Why do chemists call helium, barium and curium the medical elements?
A: Because if you can’t helium or curium, you barium!

If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success. – John D. Rockefeller

Asian Garlic Steak Skewers

Calf Raises: Stand up and raise your heels off the floor until you are standing on your toes. Lower back to floor. Do 3 sets of 10.

Reuse/repurpose: If you’ve already used it for its intended purpose, can you reuse or repurpose it?

A proton, a neutron, and an electron went out for dinner. The waiter divided the bill in half. The 3 particles pointed out the mistake, but the waiter said, for you neutron, no charge.

Knowing is not enough; we must apply. Willing is not enough; we must do. – Johann Wolfgang von Goethe

Parmesan Zucchini and Corn Bowl

Shoulder Stretch: Clasp hands together above the head with palms facing up toward ceiling. Push arms up, stretching upward.

Recycle: If you can no longer use it, check whether it can be recycled instead of thrown in the trash!

Never trust an atom...They make up everything.