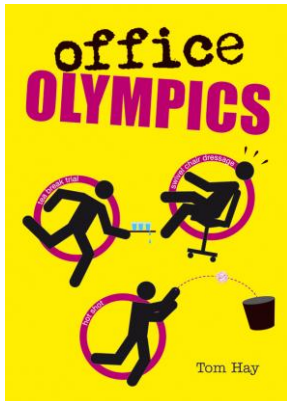


Summersdale New Book Press Release

The Olympics are coming – but how can you get into the spirit of things when you're stuck in the office?

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OFFICE OLYMPICS

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You don't need to be a runner, a jumper, a swimmer or a gymnast to take part in the Olympics next year because now there is an event for everyone in the all new **Office Olympics!** Using this book everyone can experience the Olympics without having to wear embarrassingly tight shorts, get sweaty or fear they may sprain an ankle during a tough hurdling heat. With plenty of funny instructional diagrams depicting the apparatus and how to play the game you'll be going for gold in no time!

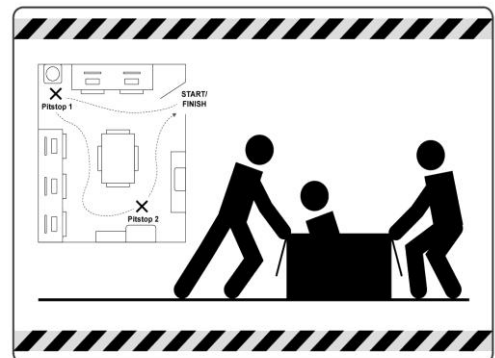
Office Olympics is the ideal way to inject a bit of healthy competition and bags of energy into the workplace and you'll be pleased to hear that there is no need to sacrifice those long pub lunches or extra large frappuccinos to take part in these games.

Clear a space in the office and get ready to play:

Row, Row, Row Your Boss: Find your boss on a good day, get them on board (literally, in a giant cardboard box) and see which half of the office can pull/push them the fastest whilst singing 'Row, row, row your boss!' Points will be deducted for lack of enthusiastic singing.

USB-lays: Divide your office into two teams and give a memory stick to each. Teams must save a photo that represents them best onto the USB stick, relaying it to each team member, who must save it as their desktop picture. First team the have the picture on all desktops is the winner!

Skiving Diving: Find a worthy opponent and take it in turns to land an eraser in a Tupperware box, bouncing it off a desktop diving board (ruler taped to your desk). Top scores for those with the best accuracy.



Thumb Wrestling: The classic two person battle where spectatorship is essential. Use the mouse mat as the play arena and gain extra points for frustrating your opponent or causing them pain.

Stride out into the stadium (show up to work), fire up the Olympic torch (turn the lights on) and let the games commence...

Media opportunities: Fun Olympic feature fodder; great instructional diagrams available.



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