

My Weekday Workout during COVID-19: Tennis Is the Ideal Sport for Social Distancing and Staying Mentally Sharp, Says Kluger Kaplan's Josh Rubens

"Especially now amidst the pandemic, tennis is a great sport that allows you to stay active and safe."

By **Tasha Norman** | The original version of this story was published on [Law.com](https://www.law.com)



Josh Rubens, Kluger Kaplan, Miami

Rubens is a partner in the firm's real estate practice and represents real estate developers, investors and commercial tenants and landlords. Rubens focuses his practice on commercial, real estate and trust and estate matters.

How often during the week do you work out? I work out three to four days a week.



Josh M. Rubens. Courtesy Photo

At what time during the day or evening do you work out?
I enjoy working out early in the morning.

What's your go-to routine? Explain in a few sentences, please. My go-to routine on the weekends is playing tennis with a group of friends. There are usually between eight to 10 people and we play round-robin doubles. I have been playing with the same group every week for the past eight years since shortly after I returned to South Florida. Especially now amidst the pandemic, tennis is a great sport that allows you to stay active and safe.

How long does it take? We play for about two hours.

Why do you like this routine? Competitive tennis is a terrific workout and is beneficial for both my physical and mental health. It gives me a challenge while still having fun. My group is very competitive. We push each other to try our best and keep each other motivated.

What does regular exercise do for you? Physical activity allows me to get away from the computer and clear my mind. Exercising is a great way to refresh your day and feel motivated, and it helps break up a monotonous routine. Spending time on the tennis court also helps me to stay energized and focused when working on client matters, especially in the courtroom (or virtual courtroom right now). Outside of the court, I am also involved in various organizations, such as the Israel Bonds National New Leadership and Campaign Advisory Councils. Between working on complex commercial disputes, staying active in my community, and spending time with my wife and two daughters, playing tennis with friends regularly allows me to maintain a healthy work-life balance.

How long have you been exercising regularly? I have been a competitive tennis player since I was 12 years old. Exercise has always been a part of my life. I played on the Penn State University and Emory University tennis teams, so I had tennis practice on a regular basis through college. Now, as a commercial litigator at Kluger Kaplan, I make it a point to manage my work-life balance by playing tennis on a weekly basis.

Even amidst the pandemic, I continue to practice and look forward to playing every weekend.

In what ways have you changed your routine during the COVID-19 crisis? For several months, there were closures and regulations in place, which prevented playing tennis. As a result, I focused on other types of exercises that I could do at home, including running, cycling on the Peloton, and doing yoga. Our firm has always had the capability to work remotely, but we transitioned to a full-time remote environment in mid-March. Kluger Kaplan has invested in technologies and training over the years, so we were able to make the transition to a remote work environment seamless. The cost and time efficiency of working from home has allowed me to incorporate exercise into my morning routines more frequently.

How do you convince yourself to work out when you don't want to? I tend to find that I am in a better mood after exercising. As a busy commercial litigator, it is easy to feel overwhelmed or stressed. However, exercise can relax you, improve your mood, and you feel a sense of accomplishment and satisfaction. At Kluger Kaplan, we are also focused on implementing mental health and wellness initiatives into our firm culture and have always been encouraged to do so. My advice to others is to find an activity or sport that you enjoy and integrate it into your routine to create a healthy work-life balance.