

Work and Workouts

Balance Your Career By Making Time for Exercise; Your Body and Mind Will Thank You

Balancing a legal career with a healthy, active lifestyle can be difficult. In making the transition from law student to new attorney, I have been forced to modify the student lifestyle to which I had become so accustomed. As a former “gym junkie,” one of my biggest struggles has been fitting time to exercise into my daily routine. In this article, I have compiled a list of tips and tricks to help fit working out into your busy schedule. Consider some of the following suggestions:

SAY “HI” TO YOUR NEIGHBORS

With the availability of inter-office networking features like intercoms, email and case management software, it is all too easy to communicate with co-workers without even leaving our seats. So every once in a while, if you have a minute to spare, take a little walk and speak to your boss, secretary or colleague in person. It may not seem like much of a work out, but over time, it adds up! If you add just 70 to 80 steps to your routine each day, which is less than one minute of walking, you will have walked an entire mile after a month.

TAKE A STAND

Did you know that your body burns about 50 percent more calories when you are standing as opposed to sitting? If you’re working on a task that doesn’t require sitting down, try doing it while standing or even walking around your office. While it might not be as comfortable to read a book, carry on a phone conversation or prepare a closing argument while on your feet, it’s a simple way to get your metabolism going and burn off some calories with minimal effort.



BIKE & BILL

For those who are looking for ways to work out without losing any productivity, this is the option for you. If you spend at least part of your day sitting at your desk, consider investing in an under-desk workout machine. Most of you probably have no idea what I am talking about; I’ll admit that I learned of their existence only recently. For \$100 or less, you can find a miniature bicycle, stair stepper or elliptical that fits right under your desk. That way, while your fingers are busy typing briefs and dialing the phone, your legs can get busy too, pedaling or stepping away calories.

TRY YOGA

For those who aren’t quite ready for a vigorous workout, yoga is a great option for you. Yoga is very trendy these days so it is easy to find a class; they are offered at dozens of locations in the

Philadelphia area at pretty much every hour of every day. Not comfortable trying out the downward facing dog in a room full of strangers? With minimal initial investment – a video or two, mat, strap and blocks – you’ve got a fun workout that can be done in less than an hour from the comfort of your own living room. Yoga has also been shown to decrease stress levels, and who among us couldn’t benefit from that?

THERE’S NO PLACE LIKE HOME

If your problem is motivation, the next few suggestions are for you. I’ll admit that this is by far my biggest struggle. I’ll spend all day determined to head to the gym or take a run around the block after work. But as soon as I walk in the front door of my apartment, all I want to do is raid the fridge, sink into my comfy couch and catch up on my DVR. Sound familiar? Well, how about this idea:

I'll spend all day determined to head to the gym or take a run around the block after work. But as soon as I walk in the front door of my apartment, all I want to do is raid the fridge, sink into my comfy couch and catch up on my DVR. Sound familiar?

don't go home! Bring your workout clothes with you and change before leaving the office, then complete your workout before heading home for the day. When you remove the temptation of settling into your cozy home, you're more likely to actually make that workout happen.

JOIN A GYM

Nobody likes seeing their hard-earned income go to waste, and gym memberships certainly don't come cheap. Investing in a membership makes it more likely that you will actually head to the gym once in a while, lest the membership become just a waste of money. Consider a membership to a chain gym with several locations, so that you can hit the machines whether you're close to home, work or even out of town.

BUILD A HOME GYM

Yes, I realize this runs completely counter to my last suggestion, but what works for one person won't necessarily work for another. If you know that there is just nothing in the world that can tear you away from home to go to a gym, invest in some exercise equipment for your home. You can create a dedicated workout space, perhaps in your basement or a spare room, or just stick a treadmill in front of the television. Say goodbye to using "I don't feel like going to the gym" as an excuse, because you're already there!

RECRUIT A BUDDY

In many aspects of life, it's easier to get through something when you've got a supportive friend by your side. Consider teaming up with your spouse, friend, sibling or co-worker and encouraging each other to work out. Set goals, and reward one another for meeting your goals. You might even want to engage in some friendly competition – such as who can run the

farthest in a given month – with a prize for the winner.

MULTITASK

Think about what you're doing right now. Where are you reading this article? Lounging on the couch? Taking a break at your desk? Well, you could be reading while doing cardio work on the treadmill, stationary bike or elliptical. Cardio is a physical activity and reading is a mental activity; they can easily be combined without either one being made more difficult. So next time you've got a book or magazine sitting around that you've been meaning to peruse, take it to the gym and read it while burning some calories.

We are all different, so not all of these

ideas will work for everyone. Don't be discouraged if you try a suggestion that does not pan out; keep trying until you find a method that works for you. Also, remember that exercise is only one piece of the healthy lifestyle puzzle. It is just as important to eat balanced meals (especially breakfast) and to cut down on unhealthy habits like smoking and excessive drinking. As this article demonstrates, despite our busy professional lives, it is possible to make time for exercise and prioritize our health and well-being. ■

Diana E. D'Auria (diana.dauria@gmail.com) is a member of the Philadelphia Bar Association.

INCORPORATION AND LIMITED LIABILITY COMPANY FORMATION SERVICES



- PREPARATION AND FILING SERVICES IN ALL STATES
- CORPORATION AND LIMITED LIABILITY COMPANY OUTFITS
- SAME DAY SHIPMENT OF YOUR ORDER
- CORPORATE STATUS REPORTS
- UCC, LIEN AND JUDGMENT SEARCH SERVICES
- DOCUMENT RETRIEVAL
- REGISTERED AGENT SERVICE IN ALL STATES

M. BURR KEIM COMPANY

Phone: 215-563-8113

Fax: 215-977-9386

2021 ARCH STREET
PHILADELPHIA, PA 19103
www.mburrkeim.com