Exercise and Wellness

- In the Solution: Lawyers and Fitness
  http://www.americanbar.org/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/lawyersandfitness.html

- The Making of a Corporate Athlete
  https://hbr.org/2001/01/the-making-of-a-corporate-athlete

- The Power of Strategic Rest
  http://abovethelaw.com/2015/05/the-power-of-strategic-rest/

- A Lawyer’s Lumberjack Training Secrets
  http://www.wsj.com/articles/a-lawyers-lumberjack-training-secrets-1412014875

- A Fit Lawyer’s a Better Lawyer

- Step counters – are they worth it?