



LAWYER WELL-BEING WEEK

MAY 4-8, 2020

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

LAWYER WELL-BEING WEEK ACTIVITY PLANNING GUIDE

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Activity Title:	5K Walk/Run
Well-Being Dimension:	Physical
Complexity Rating (1 to 3):	1 2 3 (Options below)
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Activity Objective:

Provide motivation to gradually increase daily activity levels, overall physical fitness, and community engagement for an individual or a group by committing to and participating in a 5k walk/run.

Well-Being Connection (How/Why Does this Work?)

This activity is designed to encourage a gradual increase in daily activity in pursuit of the goal of participating in a 5K. We all know how important physical activity is for bodily wellness, but it turns out exercise also affects brain function and overall well-being. There is evidence that regular exercise improves the ability to learn and improves memory – both highly valuable capacities for attorneys. Following exercise, people learn vocabulary words faster (Ratey & Hagerman, 2013) and they are better at short-term memory and attention tasks (Alves et al., 2014). Some schools have even successfully used an early morning workout to boost academic results (Ratey & Hagerman, 2013). Exercise also boosts your mood (Ratey & Hagerman, 2013). Helpfully, the beneficial effects of exercise on the brain arise after your workout is over (Ratey & Hagerman, 2013), so if you have a mentally demanding day ahead of you, the best preparation may be a good training session.

References

Alves, C. R. R., Tessaro, V. H., Teixeira, L. A. C., Murakava, K., Roschel, H., Gualano, B., & Takito, M. Y. (2014). Influence of acute high-intensity aerobic interval exercise bout on selective attention and short-term memory tasks. *Perceptual and Motor Skills*, 118(1), 63–72. <https://doi.org/10.2466/22.06.PMS.118k10w4>

Ratey, J. J., & Hagerman, E. (2013). *Spark: the revolutionary new science of exercise and the brain*. New York: Little, Brown.

Procedure

Level 1 Activity

Commit to a 5K as a solo activity, allowing yourself an appropriate amount of training time. Find a race that appeals to you – they vary by the cause they support, the type of scenery you run by, and the time of year - and pay the registration fee (if any). Assess your own fitness (in consultation with a physician if advised), and set a goal for your performance (i.e., run the whole way, a timed goal, or something else). Plan a training schedule, and put it on your calendar so you don't schedule over it. Perhaps enlist a buddy to train with you – maybe someone one on your case or deal teams. Track your progress so you can see how you're improving week by week. On the day of the race enjoy your success and share on social media!

Level 2/3 Activity

If you're part of an organization or team, consider a group entry and/or sponsorship of a local 5K. Consider announcing the team/sponsorship and scheduling training to begin during Attorney Well-Being Week. This level of activity can be adjusted for any organization or budget. Preparation might include:

1. Choose a race/structure:
 - a. One option is to sponsor a team from the organization or subsidize entry fees for all personnel who wish to participate in a particular 5K race - this would involve contacting the 5K organizer, advertising for participation or otherwise organizing a team, ordering T-shirts, etc.
 - b. Another option is to allow employees to choose their own race and provide charitable contributions to the related cause in support of each employee who commits to run a 5K. You might have employees submit a receipt or a commitment form of your design to indicate their commitment.
 - c. A high complexity (but big fanfare!) event might involve organizing your own 5K run/walk at a local park. Doing so might require permitting and other specialized planning for a large group activity.
2. Hire a trainer to provide a fitness assessment and basic advice on how to train for the race, or publicize and/or subsidize a commercially available method like Couch to 5K (C25K). Consider providing fitbits or other fitness trackers to employees who have committed to the 5K.
3. Schedule weekly training runs in the morning or evening for runners participating in the program.
4. Plan a party to celebrate once the race/races are over.
5. Publish the names of participants in an organization-wide email or newsletter.

Preparation

Suggestions for Resources

- Race Finder: <https://race-find.com/us>
- Couch to 5k Training Program: <http://www.c25k.com/>
- Lawyers Have Heart (10K/5K held annually in DC): <https://lawyershaveheartdc.org/>