

Wellness and You

by John Hurst and Heather Thuet

Editor's note: Both Chief Justice Durrant and Bar leadership have embraced lawyer well-being as an important objective. The Bar Journal will periodically include articles addressing aspects of lawyer health and wellness.

The Litigation Section is concerned about the wellness of our legal community and is always looking for ways to help us improve our health. Exercise is a key component of an individual's wellness goals and the section has worked to sponsor healthy activities. The Department of Health and Human Services recently released its second edition of Physical Activity Guidelines for Americans. According to the report, adults should do at least 150 minutes a week of moderate aerobic activity (anything that gets your heart beating faster) or seventy-five minutes of vigorous intensity aerobic activity, or an equivalent combination of both. 2018 Physical Activity Guidelines Advisory Comm., U.S. Dep't of Health & Human Servs., 2018 Physical Activity Guidelines Advisory Committee Scientific Report, 8, 11 (2018). Adults should also do muscle strengthening activities on two or more days a week. *Id.* And as we get older, we should incorporate balance training into our exercise routines. *Id.* at 9.

Weekly yoga classes is an activity that the section is currently sponsoring in conjunction with Zimmerman Booher. Bailey

Swingle, the instructor, has taught yoga in Salt Lake City for six years after returning from yoga teacher training in India. She is passionate about yoga, having experienced first-hand the benefits of reducing anxiety and stress in her life. Regarding teaching yoga to lawyers, Bailey said:



I believe there are exponential benefits that are received by taking time out for yourself and slowing down, especially in an industry that tends to be very demanding. Yoga is widely known for reducing stress for a better quality of life. Twice a week the opportunity to practice is a great opportunity to improve oneself. Wednesday you can come and get a great work out, achieving more of the physical benefits of yoga, and Friday we slow it down and stretch everything out, most of the time

not even getting up off of the floor. Whether the class is physically challenging or restorative it always reminds you to focus on your breath, allowing you to leave a little more relaxed than when you showed up. It has been a great pleasure of mine to watch this group of people that come on a regular basis transform into a positive, all-inclusive, tight-knit community.

Everyone is welcome, and individuals of different physical levels and ages regularly participate. Bailey is always quick to remind

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Yoga Star Chart Winners – from left: Heather Thuet, Bailey Swingle (instructor), Nathalie Skibine, Kelly Madson, Steve Geary, and Alexa McCallum.

us that everything she says is a suggestion. If a move seems too intense, she encourages participants to do something else and suggests less intensive movements that may feel better. Safety is always key, and Bailey provides alternative moves if one has bad knees or a move is otherwise uncomfortable. In addition to regular yoga classes, Bailey sometimes teaches a beginner class that introduces basic poses and helps take away some of the mystery that some people feel about the activity.

Recently, the Litigation Section and Zimmerman Booher sponsored a star chart for yoga participants. During the first three months of this year, each participant put a star by their name after each class. Something as simple as a star, and the chance to win prizes, was a good motivator and we had good participation. In early April, the top three winners received new yoga mats. Everyone else was entered into a raffle of one ticket for every star for additional prizes. It was a fun competition that kept us active through the winter months. Future star chart competitions are being planned. The

Litigation Section is also sponsoring yoga at the upcoming Summer Convention in Park City. Join us Friday, July 19 at 7:30 am at the Grand Summit to start your day with movement and stretching, surrounded by the beautiful Wasatch Mountains.

In addition to yoga, the Litigation Section has sponsored weekly running groups and is looking to sponsor additional activities that are of interest to our community. Is there is a particular activity that you enjoy and would like to work with the section in promoting? Please let us know. A hiking group, aerobics, or biking are all potential activities. Jen Tomchak, the incoming president of the section, is planning to implement monthly wellness activities and fitness challenges during her tenure. Look forward to messages from the section about these monthly wellness activities.

If you would like to be added to the weekly yoga email list, or if you have ideas for additional activities, please contact John Hurst at jhurst@zbappeals.com.

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