

DAILY STRIDES CAN HELP YOU GO THE DISTANCE



What are you doing to ensure that you can go the distance in your career?

WHEN WAS THE LAST TIME YOU WERE STRESSED? Or found yourself nodding off at your desk? Or were disinterested and felt depressed? Many of us feel like this every day. Sadly, studies show that lawyers have a high risk of suicide and health conditions associated with the fatigue, anxiety, stress, and depression that commonly come with our profession. One of the easiest ways to combat these issues is with exercise and healthy living. As lawyers, we are our business. If we are sick or unable to function, not only does our business suffer but so does our service to clients. What are you doing to ensure that you can go the distance in your career?

This year, one of TYLA's main initiatives is to educate lawyers about health and fitness and to provide tools lawyers can use to take daily strides toward a well-balanced lifestyle. First, TYLA has included a "Health Tips" section in its monthly e-newsletter to help you get on the path to a healthier life and career. You can access these articles at tyla.org under the News/eNews tab. TYLA also has created a Pinterest page dedicated to health and fitness information that features athletic training schedules and guides, events happening across the state and with local affiliate bar associations, healthy eating tips, and training groups that are available near you. You can find it all at pinterest.com/tylahealth or at tyla.org under the Health and Fitness tab.

Next, TYLA plans to hold a free CLE seminar on lawyers with disabilities on March 21, 2014, from 11:30 a.m. to 1 p.m. at the Texas Law Center in Austin. The purpose of this CLE is to educate lawyers who suffer from a physical, mental, or health disability on how to build a successful practice, how to find and use resources available through the State Bar, and how to create a disaster plan for their practice. At one point or another, most of us will have some form of disability that will affect our law practice, so we hope you will take advantage of this free CLE and plan for your future.

Finally, TYLA will hold a 5K fun run and walk at the 2014 State Bar Annual Meeting in Austin this summer. The run will take place at Lady Bird Lake on Saturday, June 28, 2014, beginning at 6:30 a.m. TYLA hopes lawyers, young and old, will participate in this event. In fact, we encourage you to form local running and walking groups within your communities to start training—and to kick off the new year by getting in shape.



★ TYLA
The Trial Run

During Annual Meeting, TYLA also plans to donate new and unused children's books to the Dell Children's Medical Center of Central Texas in honor of Keith Kruger, who we tragically lost in 2012 due to health problems. If you have books you would like to donate to this cause, please go to tyla.org. Look for more information about the fun run and walk in your State Bar Annual Meeting registration materials.

If you have any questions about these projects, please contact TYLA at tyla@texasbar.org or (800) 204-2222, ext. 1571. We would love to hear from you and hope to see you at these events.

KRISTY BLANCHARD
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