

MON



STAY STRONG: Physical Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WATCH THIS: Dr. David Oliver, DC on [Desk Work Neck Pain and How to Correct It](#)

READ THIS: [Exercises to Improve Legal Abilities in 2020](#) – An ABA article about simple exercises to start the workday and why they work.
[Ten Tips for Better Sleep](#)

DO THIS: Active Meeting Challenge Today, do all of your meetings (or even just one!) while standing up or walking. Try some of these exercises:
[7-minute Qi Gong Exercise](#)
[Cardio Exercises You Can Do From Home](#)
[5-minute Yoga Sequence](#)

Post on social media your experience using the hashtag #LawyerWellbeingWeek. Have fun!

.....
"Each day comes bearing its own gifts. Untie the ribbons." - Ruth Ann Schabacker
.....