PROMULGATOR ARTICLES

CLAIRE EDWARDS

PORTFOLIO

June/July 2020

Aug/Sept 2020

Oct/Nov 2020

Dec/Jan 2021

May/June 2021

June/July 2021

Dec/Jan 2022

Feb/Mar 2022

Apr/May 2022

June/July 2022

June/July 2020

This month I read *Section IV: Maintain a Healthy Body* from *Stress Management for Lawyers: How to Increase Personal and Professional Satisfaction in the Law* by Amiram Elwork, Ph.D. (p. 73-97)

This section highlights some important factors to help our bodies stay healthy, including good nutrition, weight control, exercise, cessation of smoking, relaxation techniques, and sleep. Here are a few of my favorite quotes from this section that I can further incorporate into my life. I think these tips are helpful as a reminder or checklist for attorneys to consider in their own lives.

Recommendations for good nutrition:

* Eat whole grain foods, vegetables, fruits, nuts, beans, fish, poultry, eggs, and plant oils.
* Avoid or eat less red meats, butter and margarine, white rice, white bread, potatoes, pasta, sweets and anything that is considered to be “junk” food
* Take a daily multi-vitamin supplement and possibly a calcium supplement, just for insurance
* If you drink alcohol, do so in moderation

How to achieve long term success to best achieve a healthy weight:

* Successful dieters develop a lifetime habit of eating the right foods. Their diets are similar to what is presently recommended by nutritionists. This is not a coincidence because nutrition recommendations summarized in the preceding chapter are based partly on studies of successful dieters.
* Successful dieters control their intake of calories without feeling hungry. They understand that we are hard-wired to be intolerant of hunger, and that any diet that creates hunger is guaranteed to fail. Thus, most of them eat whenever it is necessary to reduce their hunger, but control their portions- some become nibblers.
* Most successful dieters learn that they simply cannot maintain a healthy weight without doing failure rigorous exercise on a regular basis.

Exercise: How much exercise should a person with a desk job do, in terms of intensity and length? You are not going to like the answer. Even though any activity is better than none, the latest scientific findings indicate that to achieve cardiovascular fitness and maintain a healthy weight, you need to do moderately intense aerobic exercise for one hour per day, 6-7 days per week. That is the equivalent of walking at a speed of 4 miles per hour for one hour, most days of the week. Fortunately, the effects of exercise are cumulative. Thus, two thirty minute walks per day accomplish the same goal.

Aug/Sept 2020

This month I continued to read *Section IV: Maintain a Healthy Body* from *Stress Management for Lawyers: How to Increase Personal and Professional Satisfaction in the Law* by Amiram Elwork, Ph.D. (p. 73-97)

As many of you know, I am a dutiful yoga practitioner. This means I set aside about an hour for the opportunity to check out from the rest of the world and stretch my body. I have found my body and mind to be very restless in trying to get back to the swing of things post-COVID-court-openings. Here is what Dr. Elwork has to say about relaxation techniques.

Relaxation Techniques: remember the mind and the body are not separate entities. Thus, whenever we experience stressful thoughts, there are concurrent physiological correlates such as muscle tension, faster breathing, higher blood pressure, etc. Conversely, whenever we feel physical symptoms of distress, we are also more likely to have stressful thoughts.

* Muscle Relaxation- concentrate on your muscular tensions, focusing your total attention on your body
* Breathing Exercises- concentrate on just your breathing. Feel the air bathing your lungs, and imagine the extra cleansing your blood stream is getting.
* Mental Imagery- create relaxing images in your mind and experience the pleasure they bring

Further, I have spoken with plenty of attorney in the area who struggle with getting a good night’s sleep. I know new parents like myself and my husband have unavoidable middle-of-the-night obligations, but this will pass soon. The concern is for attorneys who regularly have a hard time getting enough sleep and the potential impacts it may have on their work/life experience. Here is what Dr. Elwork has to say about sleep.

Sleep: An occasional sleepless night is both unavoidable and not particularly damaging. The next day we simply pay the price by feeling stressed out and fatigued and by not being able to think clearly. Chronic sleeplessness is much more serious, however. In addition to always feeling tired, foggy, and moody, people who are constantly sleep deprived are less resilient to physical and mental stress and more susceptible to physical and mental illness (e.g. hypertension, anxiety). Sleeplessness can have a significant negative effect on your relationships and on your ability to work productively.

Oct/Nov 2020

Let’s do a sampling of Jack Kornfield’s “A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life.”\* I picked up this book this time of year SEVEN years ago! It was great to reflect the yoga/meditation practice I had at the time. Further, I was really involved volunteering with a high school youth group in 2013, and this book mirrored the Catholic-Christian values of spiritual practice we were helping the teenagers develop.

I believe the best place to start with Jack Kornfield is with the Loving Kindness meditation:

*LOVING KINDNESS*

*Sit in a comfortable fashion, and begin to recite inwardly the following phrases directed to yourself. You begin with yourself because without loving yourself it is almost impossible to love others.*

*May I be filled with loving-kindness.*

*May I be well.*

*May I be peaceful and at ease.*

*May I be happy.*

*Practice this meditation repeatedly for a number of weeks until the sense of loving-kindness for yourself grows.*

**(Hallie/Katelyn, this italics portion may be good to put in its own graphic.)**

Kornfield allows us to explore our inner selves in this book, and here are the three most powerful quotes that stood out to me. I believe we, as attorneys, can greatly grow in professionalism by attending to our spiritual selves. I have included quotes on taking care of our bodies, on seasons of life, and on living wisely in the world. If you have the opportunity to pick up this book and read it, you will also find detailed meditations and other amazing topics, such as naming the demons and forgiveness.

On taking care of our bodies: “Brining systematic attention to our body can change our whole relationship to our physical life. We can notice more clearly the rhythms and needs of our bodies. Without mindfully attending to our bodies, we may become so busy in our daily lives that we lose touch with a sense of appropriate diet, movement, and physical enjoyment. Meditation can help us find out in what ways we are neglecting the physical aspects of our lives and what our body asks of us.” (Kornfield 45)

On seasons of life: “Just as there is beauty to be found in the changing of the earth’s seasons and an inner grace in honoring the cycles of life, our spiritual practice will be in balance when we can sense the time that is appropriate for retreats and the time that is appropriate for travel, the time for settling down and planting roots, and the time to have a family and children.” (Kornfield 171)

On living wisely in the world: “The law of karma describes the way that cause and effect govern the patterns that repeat themselves throughout all life. Karma means that nothing arises by itself. Every experience is conditioned by that which precedes it. Thus our life is a series of interrelated patterns. The Buddhists say that understanding this is enough to live wisely in the world.” (Kornfield 273).

\*I was thinking about steering away from writing directly from a book, and I found a great Scientific American article by Robert Epstein from September/October 2011 titled “Fight the Fraz,” which suggests that if you manage stress all the time, when you are in a high stress situation, you’ll be able to handle it better. However, after Googling Epstein’s updated works, I found he got caught into a political mess regarding search engines, so back to credible books I go.

Dec/Jan 2021

TITLE: THE MIRACLE OF MINDFULNESS

DEAR EDITOR: *If you run short on space for this article, feel free to cut any of the bullet points. The article needs 3 bullet points, but I liked all 4 and couldn’t decide which one to cut.*

Here are a few selections from *The Miracle of Mindfulness*. They are passages that were especially striking to me, and I hope you’ll choose to read this book in its entirety (it’s only 108 pages!).

I truly cannot place how I found out about this, but in Baton Rouge there were “Mindfulness Monday” sessions where attorneys and staff were invited to the 19th JDC to have mindfulness time with attorney Marsha Wade. We would start the session with our seat in a chair, feet on the floor, kick off heels to feel the ground. Then Marsha would start a timer for, I don’t know, maybe 10 minutes, 20?, and we would sit in silence and focus on our breath. After the mindfulness time, Marsha would re-cap with us for how we felt about the experience. She often had books with her. In particular she recommended that we get a copy of a Jon Kabat-Zinn book or a Thich Nhat Hanh book.

I got my copy of *The Miracle of Mindfulness: An Introduction to the Practice of Meditation* by Thich Nhat Hanh several years after she recommended for me to do so, when I moved to Lafayette. *The Miracle of Mindfulness* was written by Thich Nhat Hanh in 1975, in an effort to remind his colleagues and friends “of the essential discipline of following one’s breath to nourish and maintain calm mindfulness, even in the midst of the most difficult circumstances.” (Mobi Ho, translator, p. vii)

I’d like to share a few selections from *The Miracle of Mindfulness*, passages and a chapter that were especially important to me, and I hope you’ll choose to read this book as soon as you get a chance.

* *Washing the Dishes:* “While washing the dishes one should only be washing the dishes, which means that while washing the dishes one should be completely aware of the fact that one is washing the dishes. At first glance, that might seem a little silly: why put so much stress on a simple thing? But that’s precisely the point. The fact that I am standing there and washing these bowls is a wondrous reality. I’m being completely myself, following my breath, conscious of my presence, and conscious of my thoughts and actions. There’s no way I can be tossed around mindlessly like a bottle slapped here and there on the waves.” (p. 3)
* *A Day of Mindfulness (Chapter 3)-* The entire chapter is recommends that we give ourselves a day to practice everything mindfully, slowly, intentionally. For me I really struggle with housework, so having intention and mindfulness helps me be sure to clear the kid-clutter from the living room after work or on the weekends when that is the most important thing in my day. The author stresses that a day of mindfulness is completely compatible with organized religion, such that persons who attend Mass on Sunday already have a head-start on mindful living, and they can come home and engage in further mindfulness practices.
* *Monkey Mind* (when I attended Hon. Mimi Methvin’s Yin Yoga classes at City Club, she used the “monkey mind” analogy to help us follow our breath and attain calm mindfulness): “The mind is like a monkey swinging from branch to branch through a forest. In order not to lose sight of the monkey by some sudden movement, we must watch the monkey constantly and even to be one with it. Mind contemplating mind is like an object and its shadow—the object cannot shake the shadow off. The two are one. Wherever the mind goes, it still lies in the harness of the mind. The Sutra sometimes uses the expression ‘Bind the monkey’ to refer to taking hold of the mind. But the monkey image is only a means of expression. Once the mind is directly and continually aware of itself, it is no longer like a monkey. There are not two minds, one which swings from branch to branch and another which follows after to bind it with a piece of rope.” (p. 41)
* *Interdependence-* “While you sit in meditation, after having taken hold of your mind, you can direct your concentration to contemplate on the interdependent nature of certain objects. This meditation is *not* a discursive reflection on a philosophy of interdependence. It is a penetration of mind into mind itself, using one’s concentrative power to reveal the real nature of the object being contemplated.” (p. 45)

May/June 2021

Claire Edwards interview with Brooke Kobetz- Part I of II: EXERCISE

How much exercise is too much is dependent on your baseline physical condition.

Marathon runners, athletes, cross fitters, etc, will be capable of putting in more hours than someone just starting out. Having adequate rest days is extremely important. Too much exercise can lead to injury, inflammation, and chronically elevated cortisol (stress hormone) production which may impede weight loss, cause bone loss, and muscle breakdown.

Signs that you are over exercising include- exhaustion, injuries, insomnia, slow recovery time, getting sick often, anxiety, depression, irritability, and slow healing.

You can work out on weekend, and may even get the same benefits, but cramming all your exercise in two days may set you up for injury. Also, most social events tend to be on weekends, so you are more likely to skip work outs. Balance is important, make time in your week to exercise even if it’s a short walk on your lunch break, or a jog before work. A little bit here and there adds up.

AHA recommends 150 min per week of moderate intensity aerobic activity or 75 min per week of vigorous aerobic activity, or combination of both.

A good exercise program is one that fits with your goals and is balanced. It should include strength, mobility/flexibility, and cardio and/or HIIT. As a distance runner, I put in more cardio and interval workouts than anything else, but make sure I do at least 2-3 strength workouts a week using both heavy weights and body weight. I also stretch and/or do mobility exercises around 20 min a day. Yoga and pilates are different workouts with different goals. Both can fit into a workout program.

Strength training benefits- Increase muscle mass, stronger bones, joint flexibility, weight control- muscle is more metabolically active than fat, balance

Cardio benefits- Weight control, may benefit brain and join health, increases circulation, helps with sleep, lowers blood pressure, helps regulate blood sugar

HiTT benefits- weight control-burns lots of calories in a short amount of time, improving blood flow, metabolic rate may stay increase for hours after you finish exercise, fat loss, improve oxygen consumption, reduce Blood pressure, reduce blood sugar

Mobility/flexibility benefits- improve posture, reduce stress, reduce lower back pain, move more efficiently as you age, may increase life span according to some studies

*I can't find time to exercise! But I do live in a neighborhood with sidewalks....will walking every day make a difference? –* Yes any exercise is better than no exercise.

Walking will absolutely make a difference. Aim for at least 30-60 min.

Brooke Kobetz RDN, LDN

[Kobetznutrition@gmail.com](mailto:Kobetznutrition@gmail.com)

July/Aug 2021

Claire Edwards interview with Brooke Kobetz- Part II of II: EATING, DRINKING, AND MEDITATION

*Is it ok to drink alcohol regularly? Will it affect my health in the long run?*

The healthiest option would be to not drink at all, but we live in south Louisiana and many of our social functions and activities revolve around alcohol. If you do choose to drink, drink in moderation. Regular alcohol use isn’t advised. Drinking over 1 drink daily for women, and over 2 for men can increase risk of cancer, high blood pressure, heart disease, depression/anxiety, and liver disease. It also can inhibit exercise performance and recovery. I’ve written multiple in-depth articles on the latter.

*What about diet? I eat out frequently- are there any particularly healthy options to eat out- in terms of restaurant selection or in terms of dish selection?*

Ochsner has an app called “Eat Fit” that can help you navigate healthy options at local restaurants around the area. Lots of restaurants now have calorie counts on their menus or heart healthy options. When in doubt choose lean meats or fish: chicken, sirloin, salmon, with a non starchy vegetable (broccoli, salad) on the side, and/or a fiber rich carbohydrate (brown rice, quinoa, whole grain bread). Want to treat yourself? You can always order whatever you are craving, and ask for a to go box. Immediately portion out half the meal for later to avoid over indulging and cut half the calories. Ordering water instead of soda or alcohol can save tons of calories. Think of it this way, a glass of wine is 160 calories. Two glasses add a whopping 320 calories without any real nutritious value (these are empty calories).

You can always ask to hold the butter, stay away from cream based sauces, and ask for dressing on the side. Beware of ordering salads, many places have salads that are 1000+ calories. Most of the time, this is because they slather them in heavy dressing, put them in a high calorie tortilla shell, or add copious amounts of cheese. Ask for an oil based dressing (vinaigrette, balsamic, etc) on the side. Hold the cheese and/or fried toppings/shells.

*I have a hard time cooking at home but I like to snack during the day- what are some important staples you recommend me keeping that are easy to store and eat?*

Hummus and veggies, almonds, fruit (dried or fresh), yogurt (check for added sugars), protein bars (check for added sugars), avocado, kale chips, celery sticks with cream cheese, peanut butter and apple, bell pepper and guacamoles, cherry tomatoes, whey protein shakes, string cheese

*I hear so much about meditation and mental health- Is this really useful?*

I’m not an expert in mental health, but research shows that meditation can be a great mechanism to cope with stress and reduce depression and anxiety. To bring this around to nutrition, we know that stress and/or depression can negatively affect digestion, through the gut brain connection. Stress can also weaken the immune system and also contribute to chronic diseases like diabetes, heart disease, and high blood pressure.

Brooke Kobetz RDN, LDN

[Kobetznutrition@gmail.com](mailto:Kobetznutrition@gmail.com)

Dec/Jan 2022

**Mindfulness + Mental Health**

As I’m writing this we’re in the thick of the holiday season and I certainly feel out of balance- exercise classes are getting skipped, kids are getting yelled at instead of politely re-corrected, and food is being eaten in excessively fatty quantities.

I’m in a position now to stop and focus on one element. I choose to stop and focus on mental health. One of my favorite books to reference for a refresher is *Calming the Emotional Storm: Using Dialectical Behavioral Therapy Skills to Manage Your Emotions & Balance Your Life* by Sheri Van Dijk, MSW. Here are some important reminders to me to help me feel more comfortable in my day-to-day living. I hope they’re helpful to you also!

**Thoughts and Feelings are Not Facts**

“[An] important step in managing your emotions more effectively is to recognize that your thoughts and emotions are not facts; they just reflect your experience or perception of a situation. In other words, just because something feels a certain way doesn’t mean it’s the truth, and just because you think something doesn’t mean it’s a fact. [the book has fantastic case studies and examples, and I recommend getting a copy!] (p. 66)

“Note that although your automatic thoughts and the resulting feelings will sometimes provide you with accurate information about a situation, you need to assess your thoughts carefully rather than assume that they are valid. It’s also important to remember that your feelings are always valid: how you feel is simply how you feel. Behavior, however, is another matter. While we don’t want to judge our emotions (see chapter 4), we do have to evaluate our behavior to determine if it’s acceptable or not.” (p. 68)

**Getting Through a Crisis without Making It Worse**

“Think of a crisis as a problem, situation, or event that is triggering painful emotions of some sort for you: anger, sadness, hurt, and so on. Sometimes in a crisis situation, there’s something you can do to change the situation or solve the problem, so your pain will at least turn down a notch. If this is the case, do it! Solve the problem, and you’ll no longer be in a crisis. Often, though, you’ll find that you have no control in the situation and you have to do something to help yourself to survive the pain. (p. 116)

“What to Do in a Crisis:

* Use what’s worked before
* Consider the consequences
* Distract yourself
* Soothe yourself (p. 119-122)

“Exercise: [Be] mindful to whatever one thing you’re doing in the present moment. By focusing your entire attention on what you’re doing in this one moment, you can turn your attention away from the crisis and the distressing thoughts and emotions that are coming up. Doing one thing at a time in the present moment, with your full attention and with acceptance, also helps you to fell less overwhelmed in times of crisis. But remember that mindfulness, distress tolerance, and most other skills are especially difficult to practice in stressful moments, and as best as you can, don’t judge yourself when you find your attention constantly wandering back to the crisis.” (p. 123)

Feb/Mar 2022

Affect Regulation for Lawyers

Hi, I’m Claire and I’m the parent of a threenager. This child was developed (I was pregnant with him) when I was in court at least 2-3 times per week. He is therefore very headstrong and loves power struggles. Fortunately for him, I can write off parenting books as part of my family law practice. So I bought Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting by Laura Markham (published in November 2012) to help talk with my clients about their own emotions so they can parent with healthy limits, empathy, and clear communication. This book includes details on affect regulation, which means the child behaves how the parent behaves when they are around them. Why would this concept be useful for non-parent-lawyers and parent-lawyers alike? Because lawyers are around our clients and staff and our emotions certainly rub off on them.

In fact, in January 2016, Wyoming Law Review published “Emotion Regulation for Lawyers: A Mind Is a Challenging Thing to Tame,” by Debra Austin and Rob Durr. [footnote here]

While I highly recommend for everyone to read this article in its entirety, here are some important findings from this article:

* “[Emotional intelligence (“EI”)] is defined as our *capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and our relationships.* It is a significant force behind professional success.” Id at 389.
* “Greater rates of EI lead to increased happiness, life satisfaction, and wellbeing rates, and, therefore, are thought to decease lawyer burnout. Unlike IQ, which does not change significantly over a lifetime and is only thought to account for about twenty-five percent of overall success, EI evolves and increases with one’s desire to learn and grow.” Id at 390.
* “Cognitive therapy patients are taught that how they make sense of their environment and situation directly influences how they fee. Thus, by monitoring their appraisal, interpretations, explanations, attributions, and self-talk, they can change how they feel. This psychological process plays out for lawyers as well.” Id at 398
* The article goes on to describe the human brain, the brain’s response to emotion, and the human nervous system. Science!
* By the end of the article, the authors suggest the following to strengthen a lawyer’s emotional regulation capacity (you will not be surprised that this matches with many of my prior articles):
  + Aerobic exercise- it helps increase blood and oxygen flow to the brain
  + Adequate sleep- enhances memory consolidation (“The communication rate between neurons during REM sleep is equal to or higher than when a lawyer is awake, and two of the most active areas of the brain during sleep are the hippocampus and the amygdala.” Id at 406)
  + Meditation- increases ability to prioritize and focus on one thing at a time
* Recommendations to develop emotional regulation: Self awareness, Mindfulness, and instituting the Process Model for Emotional Regulation.

My closing quote to you, dear reader, from “Emotion Regulation for Lawyers” focuses on mindfulness: “[Mindfulness] requires paying attention to the moment (awareness) with acceptance and without judgment (reflection). Being mindful also allows a lawyer to control his or her attention and place it where he or she intends. It provides a space between awareness and judgments or reactions. Research on mindfulness indicates that it enhances the insula in the thinking brain, increases gray matter and connections between brain regions, decreases distraction, improves immune function and anxiety, and equips the brain to notice patterns and situations before response become overly-reactive.” Id at 407

Footnote text:

Austin, Debra S. and Durr, Rob, Emotion Regulation for Lawyers: A Mind Is a Challenging Thing to Tame (December 4, 2015). 16 Wyo. L. Rev. 387 (2016)., U Denver Legal Studies Research Paper No. 15-60, Available at SSRN: <https://ssrn.com/abstract=2699330>

Apr/May 2022

I recommend the simple but great for personal growth book: It’s OK to Start With You by Julia Marie Hogan, MS, LCPC. It’s great! It’s broken into two parts, “Know Your Worth,” and “Creating Your Self-Care Plan,” followed by Appendices.

The “Know Your Worth” included her talking about her experiences with her patients, and describing some really COMMON experiences they suffer and I also frequently struggle with. Also, I really like the using of “worth” because I feel that when a person is depressed, the FIRST thing to GO is knowing their worth. I pray every day that my children always feels loved and worthy.

She addresses the feeling of “not enough,” (p. 19), and she has fantastic follow through questions in Chapter 1 “Why Do I Feel This Way?”

My husband and I have gone to a therapist a few years ago who literally wrote a book on calming the “inner critic,” and Hogan jumps right into issues of negative self talk. She stresses that typical EXCUSES include “I don’t have the time,” or “I don’t have the energy.” (p. 29) Hogan goes on to explain that silencing the inner critic includes being kind to ourselves. “Not only is treating yourself with kindness important and beneficial for you, it’s a road map to becoming the most authentic version of yourself.” (p. 31)

I also enjoyed Chapter 2 “Being Mean to Ourselves” because the reflection questions allowed me to address some bitterness I’ve been suffering from lately. It turns out my inner critic is louder than I realized. It negatively affects my life by making me bitter, and my main criticism of myself is that I can’t or won’t make more money. It was really nice and cathartic to identify this is simply an inner critic issue and not some character flaw or some cosmic circumstances out to get me and people my age. I’m usually good at just making the best of whatever, but sometimes my inner critic gets really loud. It was nice to identify the critic’s favorite negativity.

The next two chapters blew by quickly for me Chapter 3 was about being stressed out and Chapter 4 was about self care. For me personally, these two factors are facts of life and every day I work to improve them. In fact, as I said before, I have professional involvement in helping people and myself improve these two factors.

Chapter 6 had a great self assessment to describe my actions about self care. It turns out I’m already pretty good at it.

Then the AMAZING, SIMPLE, STEP-BY-STEP part starts! This part didn’t do much for me personally. I was glad to have a journal to be able to write into, that was nice. But what is amazing about this section is that it lends itself to presentations!

June/July 2022

There are many workout options in the Lafayette area, from Red’s or City Club membership to Cycle Bar or Orange Theory class attendance. Keeping up physically helps allow people’s minds to relax and their bodies to gain strength.

**(1) Why would I do Pure Barre instead of CrossFit, weight lifting and/or cardio workouts?**

While everyone has different fitness experiences and preferences, Pure Barre provides a low impact high intensity workout that is great for all ages and fitness levels.  Additionally, whether a member prefers Pure Barre as their primary workout or utilizes Pure Barre as a component of their cross-training plan, our tight knit community helps each other reach their fitness goals.

**(2) How does a low impact workout help my body?  (Same for cardio- why do low impact instead of taking runs? Or in addition to taking runs?)**

The low impact nature of Pure Barre increases flexibility and core strength, aids in injury prevention and improves endurance - making it a great way to cross train for a race or event.

Furthermore, low impact does not mean an easy workout, and, whether it is your first or 1000th class, you can always find ways to challenge yourself in a Pure Barre class.

We offer four class types at Pure Barre: Classic, Empower, Reform and Foundations. Classic is our main class which is a cross between yoga, pilates and ballet to improve flexibility and tone your body. Empower is our cardio barre class where we combine Classic with cardio intervals with wrist/ ankle weights to elevate your heart rate. Reform is where you use weighted tubes and sliders to tone your body through strength training, aimed at strengthening and lengthening your muscles. Foundations is our free intro class for new members to take a smaller class, which helps to showcase the Pure Barre technique. All of the class types use small isometric movements to tone and strengthen your body.

Additionally, we are able to help people with injuries modify their movements to get the most out of classes, while also preventing further injuries.

**(3) Does diet matter in staying healthy?  If I workout every day, I can eat whatever I want, right?**

Diet is a large component of your overall health. How you fuel your body is the fuel you give yourself to push through your day, especially your workouts.  Everyone has different nutritional needs so we always encourage people to speak to their doctor or dietitian before making drastic changes. A healthy diet paired with a workout plan is a great way to get healthy and stay healthy.

**(4) What about getting enough sleep and taking time to myself? How much "me" time or meditation does a person need to stay sane?  How much sleep does a person need?**

To give your best to your family, your team at work, and yourself, it is necessary to schedule time for you - including exercise. Our clients find our 45-50 minute classes provide a break from technology, work, stress, and their to-do lists, and we encourage them to get into their best "zone" during class to give it their best.

For more information, contact Laura Rafferty at lafayette@purebarre.com