

# MOST FIT LAWYER

## HEALTH AND FITNESS EXPO AND COMPETITION



**Saturday**  
**March 32, 2014**  
**10:00 a.m.**



**Fitness Formula  
Clubs Lincoln Park**  
939 W. North Ave.  
Chicago, IL 60642

To register, please fill out  
and return the form at  
[www.chicagobar.org](http://www.chicagobar.org)  
(Click on YLS and  
Events)

For more information, please  
contact:

Jim Cerami  
Lcgtco k@Dggtto cpprey .com  
534-843-; 922

### Are you Chicago's most fit lawyer?

Find out by participating in the YLS Most Fit Lawyer Health and Fitness Expo and Competition! Participants will learn the basics of exercise through demonstration and have the opportunity to compete in six events that will measure speed, strength, power, endurance, and agility.

Participants can complete any or all of the events!

- **1-mile Run**—fastest mile time on a treadmill
- **Push Ups**—most push ups in 1 minute
- **Lateral cone drill**—shuffle between 2 cones spaced 10 feet apart; most touches in 1 minute
- **Sit Ups**—most sit ups in 1 minute
- **Bench Press**—heaviest seated bench press for 1 repetition; score is relative to your weight
- **Pullups**—most over-hand grip pullups

All participants will receive a complimentary  
1-week membership to FFC!

Participants that complete all events will  
receive an event t-shirt!

The overall male and female winners will  
receive additional prizes!

Participation is **FREE** and **NO** preparation or training  
is required!

The event promotes the CBA YLS Health and Wellness  
Committee's commitment to helping lawyers work smart,  
live well and have fun!