

NEWS

RELEASE

Chicago Bar Association
321 S. Plymouth Court
Chicago, IL 60604-3997
www.chicagobar.org



FOR IMMEDIATE RELEASE
Media may contact: Linda Heacox
312-554-2012
lheacox@chicagobar.org

SURVIVAL OF THE FITTEST (LAWYER)

CHICAGO, ILL. (August 26, 2009)--The Chicago Bar Association Young Lawyers Section (YLS) is looking for Chicago's fittest attorney. For the third year, the YLS will host the "Most Fit Lawyer Competition," at 9 a.m., Saturday, October 3, at the West Loop Gym, 1024 W. Kinzie St., Chicago.

Participants will take part in six events that measure speed, strength, endurance, agility, and flexibility. Each must complete the following events at their own pace:

- 1-Mile Run
- Push Ups
- Lateral Cone Drill
- Sit Ups
- Bench Press
- Sit-and-Reach

Winners will be recognized in male and female categories, age divisions, by event, and a special prize will go to the law firm fielding the most participants. Each competitor will receive a t-shirt, and the male and female overall winners will receive a complimentary personal training session from the West Loop Gym.

There is no charge to register for the event and any CBA member may participate in the competition (CBA Law Student members are also invited).

The event promotes the YLS Health and Wellness Committee's commitment to helping lawyers work smart and live well. To register, please fill out and return the forms at www.chicagobar.org (under YLS Events).