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Dedicated to the depuration and invigoration of the legal field through healthy living as a firm. Legally fit is a completely holistic approach to maintaining a healthier lifestyle. The program relies on the fundamental belief that a truly health lifestyle can only be based on a balance of body, mind and spirit.

The program assess individual progress over the six-month term. Prize incentives are offered to encourage and reward individual participation. Ultimately, Legally Fit is a program that refines winners through a holistic and healthy approach.

An identity and key brand messaging that captures the founder's unique combination of strength and elegance were developed. The website provides participants with recommended reading materials, recipes and events as well as a forum for participant interaction.

You may view the site here:

www.legallyfit.net



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LEGALLY FIT

about :: founder :: contact :: login

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Track » Eat » Read » Attend » Speak »

QUOTE OF THE WEEK:
 "Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."
 William Faulkner

TIP OF THE WEEK:
 This week, try to make one

M3B2 (Aka Megan's Mom's Modified Banana Bread)
 By Megan Zehel on November 9, 2009 8:31 PM
 Filed Under: Eat
 Mix together...

- 3 ripe, organic bananas
- 1 cup organic cane sugar
- 1 1/2 tsp. Ener-G Egg Replacer + 2 TBS. water (mixed seperately)



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BODY MIND SPIRIT

Track » Eat » Read » Attend » Speak »

Filed Under : Read

Eat This Not That (2010 Edition)
 By Megan Zehel on November 4, 2009 9:06 AM

QUOTE OF THE WEEK:
 "Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."
 William Faulkner

TIP OF THE WEEK:
 This week, try to make a minor change in your diet. To drink 8 glasses of water a day, switch from bleached flour (or white bread) to grain, STOP DRINKING SODA... take your pick!
 Megan

As we ease our way towards being "Legally Fit", our first suggested reading will help us take the first baby steps toward a healthier lifestyle. If you simply must eat fast food, be aware that some of the things that seem healthy really aren't... and some of your guilty pleasures may not be as bad as you thought! This reading is designed to help you become more aware of calorie content, and to start conditioning your mind to be more cognizant of what you consume.