

Becoming More Physically Active While Stuck Inside

by Professor Lisle Baker

with advice from Anthony Colesano,

Certified Licensed Athletic Trainer and

Certified Strength and Conditioning Specialist

AALS Balance Section, Dec. 9, 2020

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My background: I earned my law degree at Harvard in 1968 and a Master of Applied Positive Psychology degree from the University of Pennsylvania in 2016, I have been a law professor for 47 years at Suffolk University Law School in Boston, MA, where I teach a course in Positive Psychology for Lawyers, among other subjects, described in R. Lisle Baker, *Designing a Positive Psychology Course for Lawyers*, 51 SUFFOLK U. L. REV. 207 (2018). I am also serving my 36th year as an elected member of the Newton, Massachusetts, City Council. My academic website is <https://www.suffolk.edu/academics/faculty/l/b/lbaker>, and my email is lbaker@suffolk.edu.



Tony Colesano (train@tonycolesano.com) LATC CSCS is a fitness and sports medicine professional who began his career with the New England Patriots and now advises clients and teaches in Brookline and Cape Cod, MA. He has come to Suffolk Law School to talk with students and faculty about fitness.

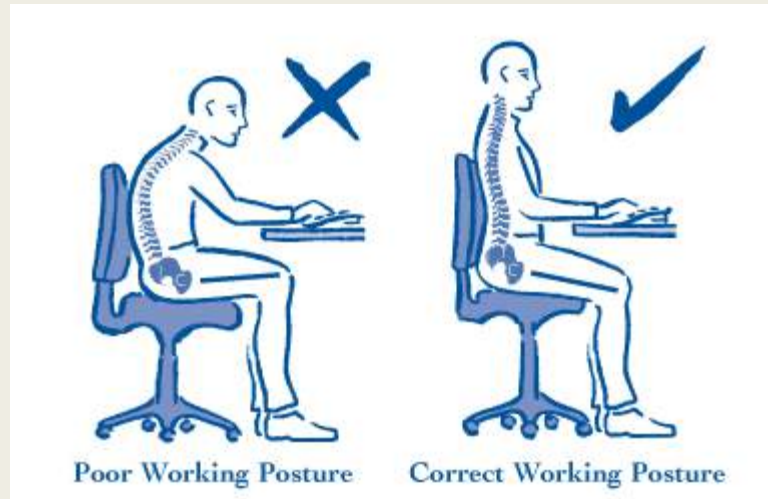


Warning: Start Slowly And Under Supervision

“Unlike patients who are at low or moderate risk, it is recommended that patients who are at high risk of having an adverse event while exercising receive further evaluation prior to initiating *any* noteworthy level of physical activity. Going directly from a sedentary lifestyle to vigorous exercise can be dangerous and could result in sudden cardiac arrest or myocardial infraction. With habitual vigorous exercise, however, it has been shown that the relative risk of a heart attack can be dramatically reduced.”

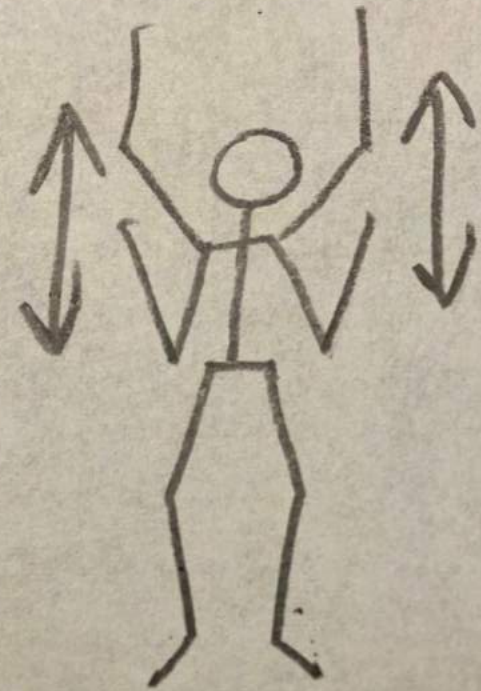
- Beth Frates, MD et al, LIFESTYLE MEDICINE at 156 (2019).

How to watch this (and other) webinars (with thanks to Carol-anne Hoffmann)



WALL DRILL

for good posture



WALL
DRILL

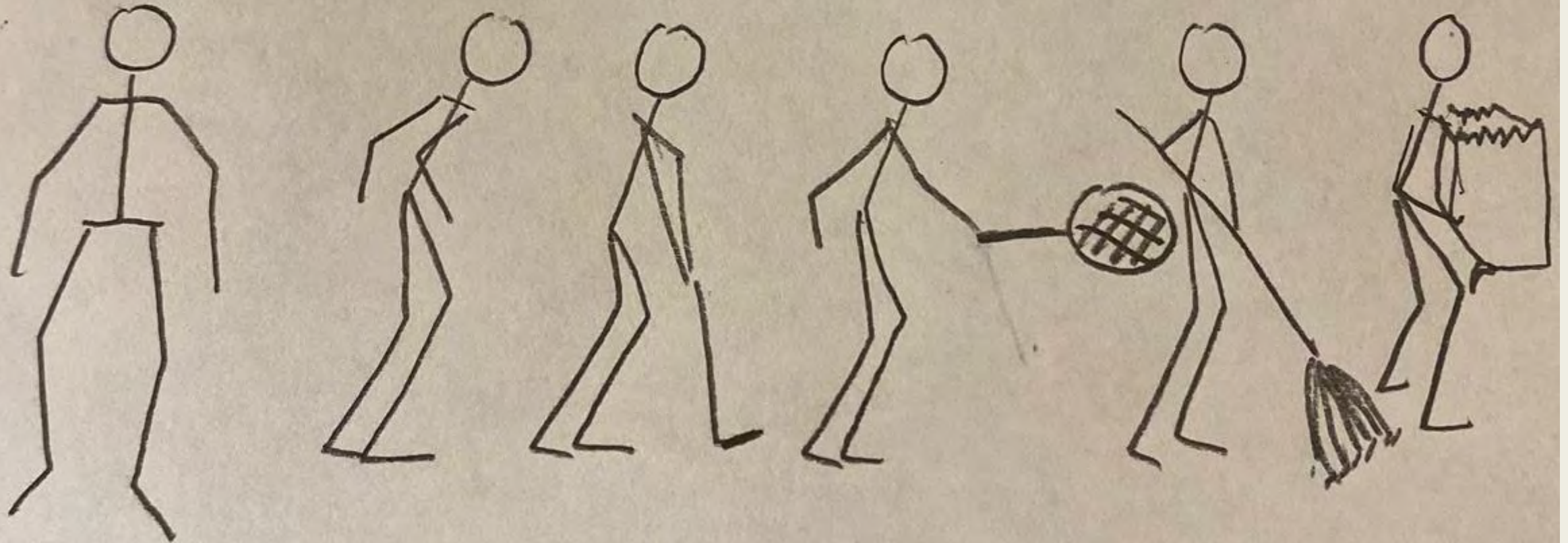
A stretch to help your posture from being bent over while sitting



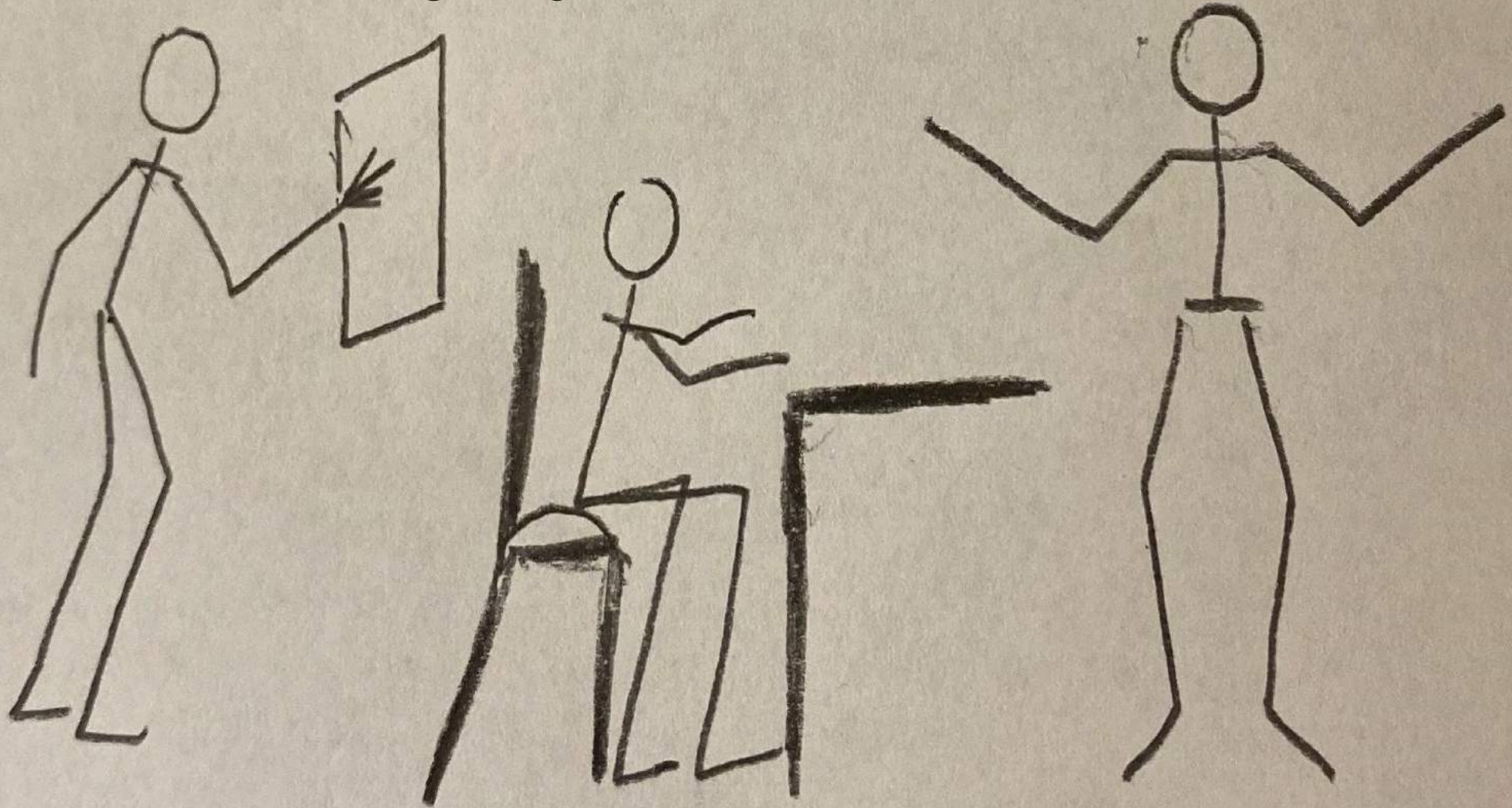
The Athletic Posture



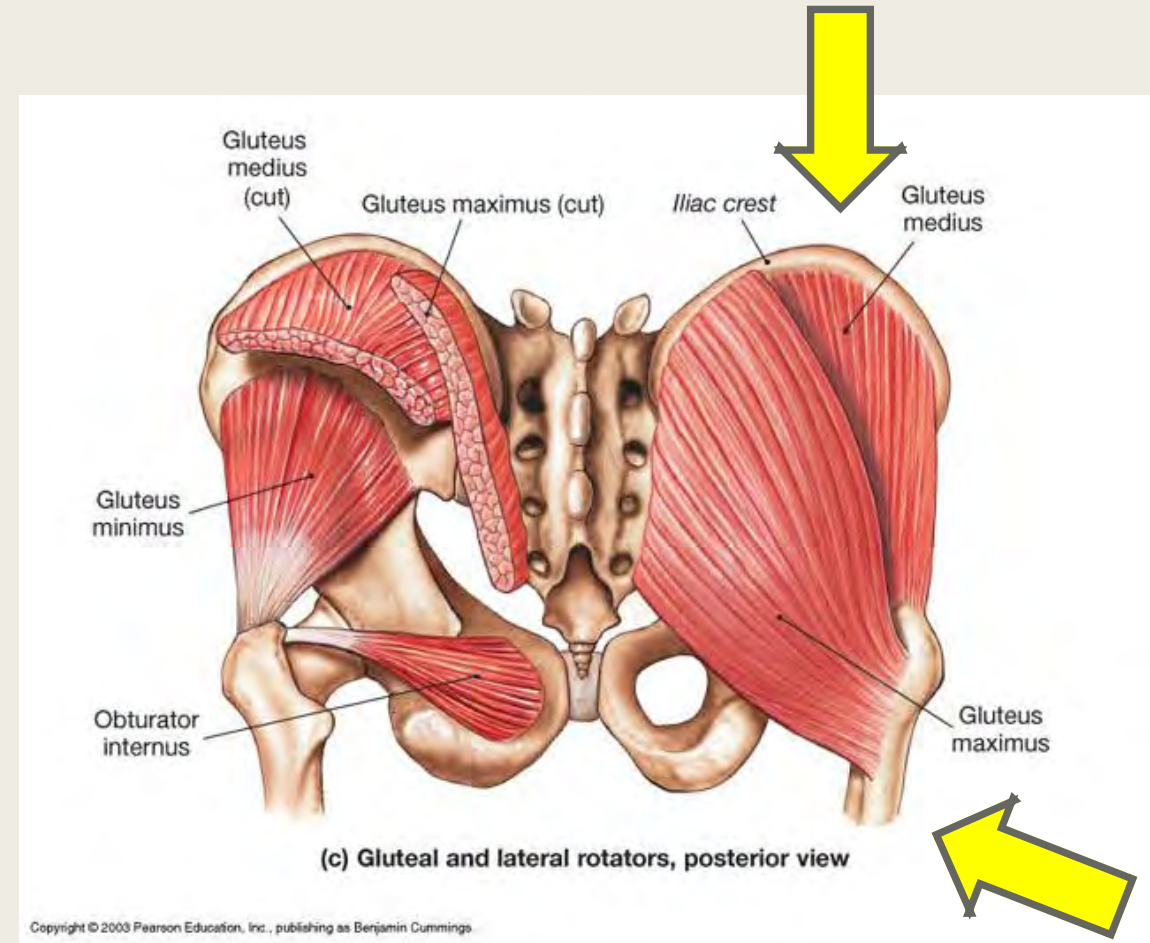
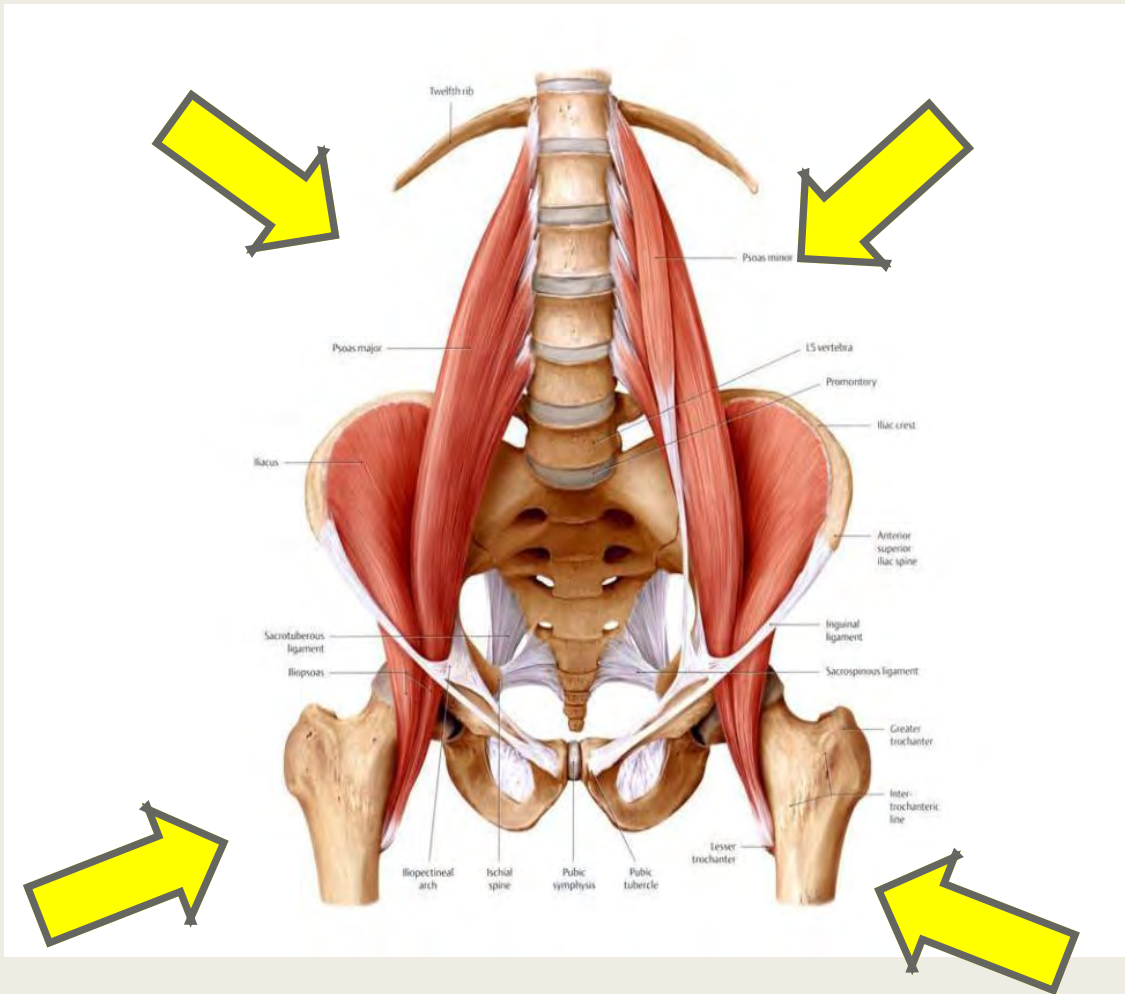
in SPORT and LIFE



and in LAW



Hip Flexor / Glute RELATIONSHIP

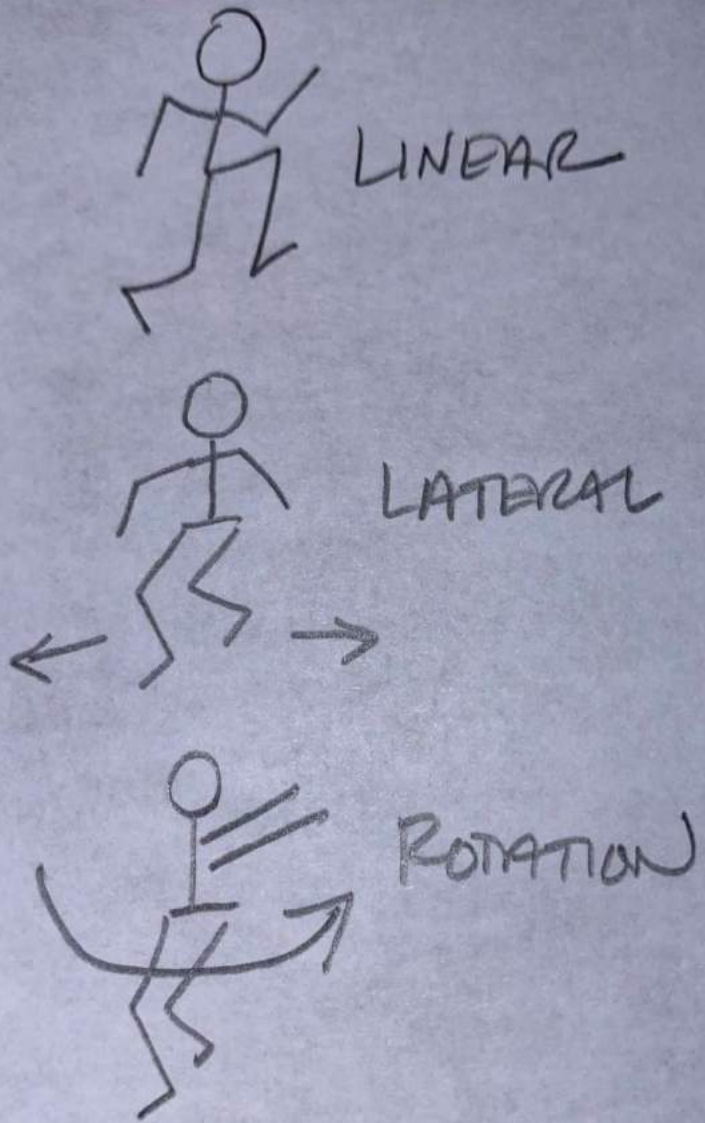


A stretch to balance sitting too much



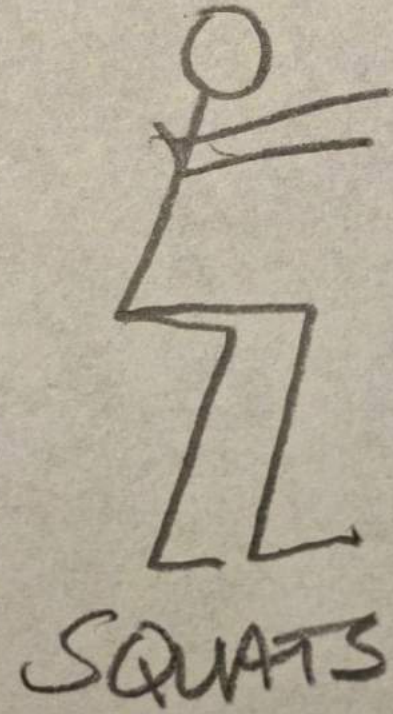
How the Human Body FUNCTIONS





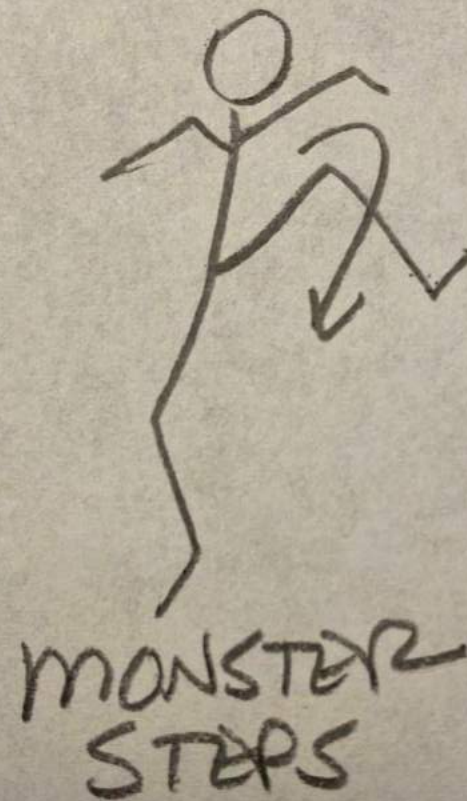
Three Planes of Movement

SQUAT
to have strong
legs



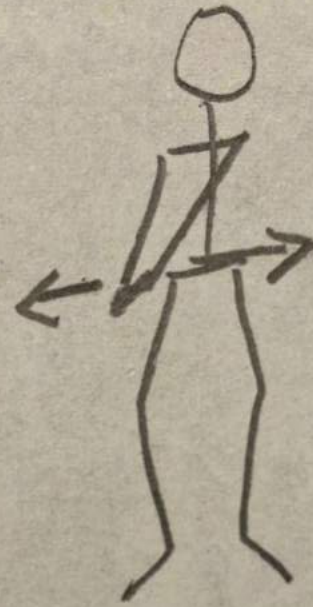
MONSTER STEP

to have loose hips



GLADIATOR

for core and
cardio



GLADIATOR

The Key to SAFE and EFFECTIVE Exercise...

INTENSITY

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 
- 8 
- 9 
- 10 

Tony's 3 Laws of Motion

1. DO NO HARM!

2. Do some good:

Too Easy (no results)...

Too Hard (hurt yourself)

3. Exercise in 3 Planes of Motion

(Linear / Lateral / Rotation) in 4 Dimensions:

Cardio, Flexibility, Strength, Athleticism

A two minute physical movement break



More resources

R. Lisle Baker and Anthony Colesano, *Becoming More Physically Active in a Busy Professional Life*, in the ABA online magazine, LAW PRACTICE TODAY (January 15, 2020):

<https://www.lawpracticetoday.org/article/becoming-physically-active-busy-professional-life/>

If you are looking for more information about the research about the physical, emotional and cognitive benefits of exercise, the full article, including footnotes to the research on which it is based, is available, along with the longer video, parts of which you saw today, as well as a longer Webinar done for the MAPP alumni, at <https://sites.suffolk.edu/bakerandcolesano/>.

The End

Thanks for your attention

With gratitude to Anthony Colesano, Brittney McCartney SUSL '20,

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