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Keeping Healthy—it's the Law! (Well, it Should be Anyways...)

The employees at Rose Law Group pc implement healthy practices into their high-energy office culture

» The attorneys and other staff members at Rose Law Group pc are a busy bunch. As a full-service real estate and business law firm practicing in several areas of law, the group keeps active representing its clients in a variety of capacities, including renewable energy, business issues, Native American relations, employment law, real estate, and more.

You'd think all of this work would leave little time for fitness, but that's hardly the case. If anything, Jordan Rose, the company's president and founder, places an extra emphasis on keeping her colleagues healthy and happy through a

myriad of fun health initiatives that take place in and out of the office.

"Our employees are happier if they're healthier, and it's great to be a part of enhancing the quality of their lives through healthier practices," Rose says. "We've been promoting healthy activities in the office for the past 10 years and, within the past year, we all take a boot camp class together. We have a fitness room in the office, too; I know the employees appreciate it."

For Rose Law Group employees who enjoy a morning workout, a personal trainer is available once a week to provide a 6 a.m. boot camp-style workout at a local park. If an employee wants to workout before or after work, or even during breaks, the in-office fitness room, complete with its own shower, is the place to be. If a staff member is in need of a morning pick-me-up, the office is home to a healthy breakfast bar that includes cereals, breakfast shakes, oatmeal, and more. Rose even installed a water purifying system in the office and each employee has a reusable water bottle, too.

Added to that, Rose Law Group employees benefit from support. The company helps to support fitness events that its workers participate in, like the Rugged Maniac Challenge. Rose says they also help employees purchase fit-

ness club memberships, have hosted monthly "Fun Friday" events like yoga classes, and have even supported alternative health initiatives.

Laura Bianchi, an attorney with the firm, says that her employer's emphasis on health and wellness helps her to stay healthy and keep up with her fast-paced career.

"By giving us the opportunity to stay strong, healthy and happy on a physical and mental level, we're able to keep up with the demands of our profession and continue to provide the utmost in service to our clients," Bianchi says. "These programs also provide everyone with the opportunity to socialize and build relationships with one another, which again allows us to work as a unified team for the benefit of our clients, meeting each and every one of their needs...It's inspiring and it's one of the many reasons RLG [Rose Law Group] is such an incredible team to be part of."

Rose says that all of the firm's health initiative ideas came from the employees themselves and are tailored to their particular self-described "high-energy workforce."

"By providing people with more opportunities to become healthier, they're more productive in serving our clients' legal needs," Rose adds.