



## My Weekday Workout: Fisher & Phillips' Christine Baran

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In this Q&A for Law.com, Christine Baran describes how a regular dose of exercise helps her decompress. She explains that “[a] regular workout routine allows for a healthy release of many of the stresses with which I am confronted within litigation.” When asked how long she has been exercising on a regular basis she answered, “[w]hen I arrived at Fisher Phillips it was clear that the firm valued work-life balance, which meant that I wouldn’t have to disrupt my workout routine...so I have continually exercised throughout my time here, and I have exercised as a regular part of my daily life in excess of 20 years.”

To read the Q&A, visit [Law.com](#) (subscription required).

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