



MY BATTLE WITH THE QUARANTINE 15

THIS SELF-IMPROVEMENT MONTH, I'M GETTING BACK IN SHAPE

Did you know that September is National Self-Improvement Month? It makes sense because, in a normal year, this would be the time when kids head back to school and adults get into the swing of things again with personal goals. However, 2020 has been anything but a normal year, which is why Self-Improvement Month caught me by surprise — and caught my attention — this year more than ever.

As you might have guessed from the fact that I started a business from scratch, I've always been the kind of person who seeks to learn and improve every day. Usually, that involves doing a lot of reading and experimenting with my approach to life and business. But this year, I've decided I'm going to dedicate September to a different kind of self-improvement: getting back on my game with physical fitness.

I wouldn't consider myself an uber-athlete, but I played sports growing up and have always been active and in "good" shape. But over the last 15 years or so, I've gotten more conscious about setting and trying to achieve various fitness goals. There is one goal, in particular, that I set while on vacation at the beach on Aug. 4, 2008, and it is still on my list — unaccomplished! In 2019, I told myself that I would finally mark it off the list. To accomplish it, I got really interested in a certain approach to weight lifting, cardio, and nutrition. I was lifting weights four times a week and running three times a week, so basically, I pushed myself (on my feet) every day. I got really disciplined with what I ate and drank, too.

Since I was probably in the best shape of my life, that elusive goal of mine came steadily into view. I was almost there. And that's when things went wrong. The weightlifting,



in particular, was a nice mental break from my normal routine as a lawyer and was very satisfying. Unfortunately, I focused more on the amount of weight I could lift than on my form and mechanics in lifting it. That came back to haunt me when I was right on the brink of finally reaching my goal. I hurt my right shoulder, and my fitness routine came to a crashing halt. It was so frustrating. After a few months of physical therapy, I felt better, but then I got back into some bad habits (ahem, college football). And then, just when I prepared to get back on the wagon in 2020, the coronavirus pandemic hit.

Needless to say, I never really got back in the groove after my shoulder injury. First, my gym closed down, then the pandemic, the heat, and the stress of moving my firm to a new office became an unhealthy cocktail of excuses for letting my physical fitness slide. I've heard that a lot of people gained the so-called "Quarantine 15" this year, and I'm no exception! We've been in an extended period of "the blahs," so it's no wonder we're all turning to comfort food, especially when it's as delicious as the takeout I told you about in our last newsletter. After a long day

of social distancing, wearing a mask, and skipping out on favorite activities, I feel like I deserve something tasty to eat, and I justify it by reminding myself that I'm supporting a local business.

This fall, though, I'm turning over a new leaf. I've found a small gym where I can lift that is usually empty, so I've been going there mid-afternoon and hitting the weights again. This time, however, I'm taking it a lot slower and am more focused on good mechanics. I've also gotten back into running outdoors and enjoying the cooler, crisper weather fall brings to Richmond. During Self-Improvement Month, I'll work hard to think of my life as a pyramid. The foundation level is physical and mental health, and everything else is piled on top of that. It's all too easy to get those levels inverted, but I'm ready to get my topsy-turvy pyramid back on its axis this fall. If you've been waiting for a push to restart your own workout program, consider this newsletter to be a sign. It's time that we all get back at it!

Kevin Mottley

DO WHAT YOU LOVE AND KEEP YOUR BODY MOVING

HOW HIIT BENEFITS PEOPLE OF ALL AGES



High-intensity interval training (HIIT) is one of the best ways to burn fat, build muscle, and give yourself a better chance at a longer, healthier life. HIIT workouts are characterized by brief periods (30 seconds to a few minutes) of high-intensity exercise, followed by periods of low- or moderate-intensity exercise. However, what makes these workouts truly remarkable is just how much they can benefit people in every age group.

According to Mayo Clinic research, HIIT workouts provide unique benefits to the body on a cellular level. The brief, vigorous exercises actually increase your metabolism and improve the health of mitochondria, the powerhouses that create energy within the cells. By energizing your cells, you can actually reverse the decline in muscle health that occurs as people age. Energizing cells through HIIT benefits everyone, but these workouts can be of particular benefit to those over age 65. Seniors experience diminishing returns on energy produced by their bodies at a cellular level, and HIIT has been shown to reverse that process even in advanced age.

HIIT workouts also have many other advantages for people of all ages. The exercises don't necessarily require any equipment, and you can even see results from adding high-intensity intervals to daily walks. Those with health conditions, such as diabetes and heart disease, can still participate in HIIT. In fact, Healthline reports that HIIT workouts can reduce heart rate, blood pressure, and blood sugar. However, the biggest draw to HIIT exercises is just how much of a timesaver they are. A few minutes of high-intensity movement can be just as beneficial as roughly 45 minutes of moderate-intensity exercise.

You can incorporate HIIT exercises into whatever activities you enjoy, such as walking, cardio exercises, and strength training. If you're affected by weak joints, you can incorporate HIIT into lower impact exercises, such as swimming or cycling. If you want to feel energized while doing the things you love, then HIIT just might be something you want to try. Just remember to keep a steady pace and don't overdo it!



5 RULES OF THE ROAD THAT RICHMONDERS ROUTINELY IGNORE

Don't get me wrong. I love my fellow Richmonders — and I don't mean to sound like a curmudgeon, but having been an observer of our habits for my entire adult life, I've formed some opinions about how we drive, run, and walk on our roadways in our community, and some of it ain't pretty! I thought I'd distill it down to the “top five” rules of the road that Richmonders (in my humble opinion) routinely ignore in the hope that this helps us collectively.

- 1. It's illegal to enter an intersection when the light is red.** Is it just me, or does it seem like red lights have now become “optional” in Richmond? I know of several intersections (one of the worst is the intersection of Three Chopt Road and Horsepen) where motorists routinely drive through the intersection **long after** the light is red. (It's not even **close!**)
- 2. If you're making a left turn at an intersection with no traffic signal, you must yield the right of way to motorists going straight or making a right turn.** I would estimate that at least 50% of drivers have no clue who has the right of way at an intersection when there is no traffic signal. Here's the law: “The driver of a vehicle intending to turn left within an intersection or into an alley, private road, or driveway, shall yield the right-of-way to any vehicle approaching from the opposite direction if it is so close as to constitute a hazard. At intersections controlled by traffic lights with separate left-turn signals, any vehicle making a left turn when so indicated by the signal shall have the right-of-way over all other vehicles approaching the intersection.”
- 3. Walk (and run) facing traffic.** In Virginia, pedestrians are required to “keep to the extreme left side or edge” of a roadway, e.g., facing traffic, unless a sidewalk or running path exists, in which case, they should use that. In my estimation, roughly 75% of Richmond walkers routinely ignore this rule, while runners almost universally follow it, which makes for some interesting interactions between runners and walkers!
- 4. Always stop for pedestrians in crosswalks.** This July, a new law went into effect that made it mandatory for drivers to not just yield but fully **stop** for pedestrians in crosswalks. To be honest, I'm concerned that a lot of people will be slapped with \$500 fines because, in my experience, most drivers don't even yield for pedestrians right now. Your rule of thumb should be to stop and only hit the gas when the pedestrian has passed your lane.
- 5. Don't speed in residential areas.** In neighborhoods, the speed limit is 25 mph. I know it can be tempting to speed if you're in a rush, but that puts kids playing on the sidewalk, people walking their dogs, and even other drivers at risk. Most car accidents happen within five minutes of the driver's home, so please be careful and respect those speed limit signs! As much as I'd love to see you in my office, I'd hate for you to get hurt in a car crash.

WILL YOU MAKE IT THROUGH THE 100 DEADLIEST DAYS?

Now that the summer heat is finally starting to ease, more people are zooming through Richmond on their motorcycles. After spring, fall is the best time of year to enjoy the road on two wheels, and in pre-COVID times, thousands would be gathering right now for motorcycle rallies around the state.

That said, early fall is also a dangerous time to be on the road. The period between Memorial Day and Labor Day is nicknamed the 100 Deadliest Days because during that time, there are 10 traffic deaths per day, which is 14% higher than the rest of the year. Thankfully, we're almost through this fatal window, but the risk is there year-round for motorcycle riders. To keep yourself safe from broken bones and traumatic brain injuries this fall, follow these safety guidelines.

1. ALWAYS, ALWAYS, ALWAYS WEAR A HELMET.

This point can't be emphasized enough. According to the Virginia Department of Motor

Vehicles, helmets are 29% effective in preventing motorcycle deaths and 67% effective in preventing brain injuries. In addition to being the smart move, it's the law! Visit DMV.Virginia.gov to learn more about helmet requirements for drivers and passengers.

2. CHOOSE YOUR CLOTHES WITH CARE.

Before you hop on your bike, evaluate your clothing. Will it protect you in an accident? Cotton and linen won't save your skin from the road, so opt for leather whenever possible and always wear gloves and boots with non-skid soles.

3. SEEK OUT CONTINUING EDUCATION.

No one particularly enjoys driver's ed, but riding education programs and safety courses can go a long way in keeping you injury-free. The Motorcycle Safety Center of Virginia (MSCV.org) is a great place to start.



If the worst happens and you're the victim of a crash, reach out to our team. We have years of experience helping people get the compensation they deserve after traffic accidents, and we specialize in traumatic brain injury cases. You can reach us any time at (804) 823-2011.

SUDOKU

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SOLUTION

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



BALSAMIC MARINATED FLANK STEAK

INGREDIENTS

- 2 garlic cloves, sliced
- 1 tbsp fresh rosemary leaves
- 1 tbsp dried oregano
- 2 tbsp whole-grain mustard
- 1/2 cup balsamic vinegar
- 1 cup extra-virgin olive oil, plus more for grilling
- 1 3-lb flank steak
- Kosher salt, to taste
- Freshly ground pepper, to taste

DIRECTIONS

1. Combine garlic, rosemary, oregano, mustard, and vinegar in a blender. Purée until garlic is minced.
2. Add oil and continue blending until creamy, then season with salt and pepper to taste. Reserve 1/4 cup.
3. Place steak in a ceramic or glass baking dish and cover steak with the remaining marinade. Turn to coat the other side, cover, and let marinate in the fridge for at least 4 hours.
4. Remove steak from marinade and let excess marinade drip off. Sprinkle the steak lightly with salt and pepper.
5. Light grill and oil grates with olive oil.
6. Grill steak over moderate heat for 10–12 minutes, turning halfway through, until steak is lightly charred and the internal temperature reaches 125 F.
7. Let the steak rest for 5 minutes. Thinly slice, drizzle reserved sauce, and serve.



The Mottley Law Firm

1700 Bayberry Court, Suite 203
Richmond, Virginia 23226

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STUDENT TECH SUCCESS

EDUCATIONAL TOOLS TO IMPROVE DIGITAL LEARNING

Kids these days face so many more distractions from academics than their parents did. It's not as easy to focus on homework when TikTok, YouTube, and all sorts of video games beckon. Instead of trying to prevent screen time, why not allow students to engage with technology that will help promote their learning rather than distract from it? Here are three tools to help students at different age levels get the most from online learning.

BEANSTALK

While Beanstalk is an online learning tool, the beauty of it is that the classes and videos aim to pull kids "out of the screen to do real-world physical activities." These include science experiments, building projects, and more. Experienced teachers provide engaging lessons and learning tools, and many of them are free.

EDUHAM

What better way to learn about the history of our nation than through one of the nation's most popular musicals? "Hamilton" creator Lin-Manuel Miranda launched this learning platform in 2016 along with the show's director and in partnership with The Gilder Lehrman Institute of American History. EduHam is a free digital program for students and their families that provides history lessons on the Founding Era of the United States. It also brings art into the mix — Miranda shows students how to create their own performance pieces based on primary source documents, which they can then share in the app. The program is geared toward students in sixth through 12th grade, though everyone is welcome to participate.



FIVEABLE For high school students, the most looming challenges include the SAT and Advanced Placement (AP) exams that are so important for college. Enter Fiveable, the amazing free resource that houses thousands of livestreams, study guides, trivia games, and other resources for 15 AP subjects. Started by a former teacher, Fiveable is passionate about giving students the resources they'll need to be successful now and into the future.

With so many resources out there, students can use technology in plenty of ways to help them be successful. Here's to a fall season full of learning!