

# 10,000 Steps A Day? How Many You Really Need To Boost Longevity

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Heard on [All Things Considered](#)

There's nothing magical about the number 10,000.

In fact, the idea of walking at least 10,000 steps a day for health goes back decades to a marketing campaign launched in Japan to promote a pedometer. And, in subsequent years, it was adopted in the U.S. as a goal to promote good health. It's often the default setting on fitness trackers, but what's it really based on?

"The original basis of the number was not scientifically determined," says researcher [I-Min Lee](#) of Brigham and Women's Hospital.

She was curious to know how many steps you need to take a day to maintain good health and live a long life, so she and her colleagues designed a study that included about 17,000 older women. Their average age was 72. The women all agreed to clip on wearable devices to track their steps as they went about their day-to-day activities.

It turns out that women who took about 4,000 steps per day got a boost in longevity, compared with women who took fewer steps. "It was sort of surprising," Lee says.

In fact, women who took 4,400 steps per day, on average, were about 40 percent less likely to die during the follow-up period of about four years compared with women who took 2,700 steps. The findings were [published Wednesday in JAMA Internal Medicine](#).

Another surprise: The benefits of walking maxed out at about 7,500 steps. In other words, women who walked more than 7,500 steps per day saw no additional boost in longevity.

"I love this study. I think it's really good news for women who may not be particularly active," says [Kathleen Janz](#), who studies how physical activity influences health at the University of Iowa. She was not involved in this study.

Janz, who helped shape the new federal exercise recommendations [released last November](#), says the message that comes from this study is that older women can benefit from just light walking.

"They didn't need to go the gym or invest in a personal trainer or exercise equipment," she says. All they had to do was walk.

And Janz says that's encouraging.

"To me, this study suggests there's more benefit to light activity than we were previously thinking there might be," she says.

Of course, the researchers point out, they would like to know much more about how walking may affect other health parameters such as quality of life and memory and cognitive function. It's possible that walking a greater number of steps each day could influence these outcomes.

Another thing Janz notes is that this study only measures walking. It didn't measure things that many of us do that don't require steps, things like gardening, swimming or biking. And it's safe to assume some women in the study were doing these other things that can influence health as well.

And Janz says to remember the federal exercise guidelines call for 150 minutes per week of moderate physical activity, which includes all kinds of daily movement, not just steps.

So, if 10,000 steps has been feeling out of reach to you, it may be time reset those factory settings on your fitness tracker. Instead, try to hit at least 4,400 a day, along with daily activities that you enjoy. And stick to it.

# BigLaw global chairman's death after leave for health issues highlights stress of law practice



By [Debra Cassens Weiss](#) (ABA Online Journal)

Posted April 16, 2019, 10:54 am CDT

Baker McKenzie global chairman Paul Rawlinson died April 12, six months after he decided to take a temporary leave to deal with health issues caused by exhaustion.

Rawlinson was 56, report the [Financial Times](#), [Bloomberg Big Law Business](#) and the American Lawyer in articles [here](#) and [here](#). The cause of death was not disclosed in the [Baker McKenzie announcement](#).

Rawlinson's decision to take a leave of absence spurred discussion on the mental and physical stress of law practice, according to the American Lawyer.

Rawlinson became global chairman of Baker McKenzie in 2016. The firm [has 78 offices](#) and nearly 5,000 lawyers. In October, "highly placed figures" estimated that he had visited more than half of Baker McKenzie's offices, according to the American Lawyer's coverage.

At the time of the leave announcement, attorney and mental health advocate Patrick Krill [told the American Lawyer](#) that he applauded Rawlinson for taking time off and for acknowledging the reason. "It's not surprising, given the demands of a role like that, that somebody's well-being could be compromised," he said.

Bruce MacEwen, president of Adam Smith Esq., told the American Lawyer he once asked a managing partner of another BigLaw firm where he considered his headquarters. The partner's answer was American Airlines.

Rawlinson had pushed for technology innovations at a time when the firm was seeing growing revenue. In August, Baker McKenzie announced an 8% increase in gross revenue for 2017-2018 and a 14% increase in profits per equity partner, according to [this American Lawyer story](#).

# 30% of young lawyers in this state wouldn't go to law school in a do-over

By [Debra Cassens Weiss](#)

May 9, 2019, 10:56 am CDT

Many young lawyers in Florida are having some misgivings about their choice of a legal career or their particular field of practice.

A [survey](#) by the Florida Bar's Young Lawyers Division, released earlier this year, asked the lawyers whether, if they had to do it over again, they would still enroll in law school, knowing what they know now. Thirty percent said they would not enroll, while 32% said maybe they would still enroll.

Thirty-three percent said they were very or somewhat unsatisfied with their career at this time.

Forty-one percent have considered transitioning to a different career, and 35% have considered transitioning to a different field of practice. Forty-two percent have not considered a change. The respondents were allowed to select more than one answer.

Nearly 2,000 lawyers responded to the survey, taken in November and December 2018. Lawyers surveyed had been practicing for less than five years or were younger than 36. The [Florida Bar News](#) and [Law.com](#) have coverage.

Issues affecting the young lawyers included large student debt, high hours and difficult work environments.

The median outstanding student loan amount was \$150,000. Twenty-one percent worked 60 or more hours per week, while 34% worked 50 to 59 hours per week, and 35% worked 40 to 49 hours per week.

Some lawyers elaborated in comments in a narrative portion of the survey, according to the Florida Bar News coverage.

"Being a lawyer is not what I thought it would be," one lawyer wrote. "I'm exhausted all the time."

"Instead of feeling a sense of accomplishment and pride for becoming a lawyer, I actively advise people not to make the same mistake," said another lawyer who reported a high amount of debt.

"Emotional, verbal and psychological abuse were a part of daily life at this firm, so much so, I worried constantly for the well-being of everyone there, including myself," another lawyer wrote.

Mental health issues were a problem cited by many of the lawyers during law practice. Thirty-nine percent reported feeling anxiety and depression that significantly impacted their job or lasted more than four weeks; while 19% said they experienced anxiety only, and 4% reported depression only. Thirty-two percent did not experience either, and 6% weren't sure.

Fewer young lawyers reported anxiety and depression during law school. Twenty-eight percent said they experienced anxiety and depression in school, 20% experienced anxiety only, and 3% experienced depression only. Only 5% weren't sure, with 43% experiencing neither.

Thirty-nine percent of the respondents said they had experienced a work-related traumatic event during their legal career that caused prolonged symptoms, such as flashbacks, anxiety when triggering events happen, heart palpitations and panic attacks.

Asked whether stress or anxiety ever caused them to leave employment at a law firm or law office, 17% said it was a primary factor for them leaving a law job, and 20% said it was one of several factors for leaving.

Among those who had experienced mental health concerns, many took steps to help. Sixty-seven percent responded by seeking treatment from a licensed therapist, counselor or psychologist; 52% exercised regularly; and 37% used other self-help steps, such as meditation or journaling. But 36% reported a less helpful response—they started consuming or increased their consumption of alcohol.

The president of the Florida Bar's Young Lawyers Division, Christian George, told the Florida Bar News that the survey shows that the state bar is on the right track by making mental health and wellness a top priority.

"We need to continue the conversation," George said. "People shouldn't be afraid to seek treatment for these issues or to be open and honest with their firms, their law partners, their friends."

George also pointed to some positive survey findings. Seventy-nine percent of the young lawyers said they get a sense of personal accomplishment from work, and 66% said they enjoy performing the day-to-day work of the job.

Fifty-two percent of the survey respondents were employed as associates, 13% as government attorneys, and 9% as sole practitioners.

Other study findings included:

- 36% think the legal profession in Florida is becoming somewhat less desirable, and 22% think it is becoming much less desirable.
- 7% took no vacation in 2018, and 13% took less than a week. Thirty-two percent said they didn't take more vacation because of time constraints, 18% cited annual leave limits, 17% cited financial limitations, and 15% cited pressure from their employer.

- 66% said their employer supports lawyer and staff health and wellness.
- 63% are able to balance work and personal life.
- 54% said they are fairly compensated for their work.

## [How to use social media, according to a mental health expert](#)

From Fast Company online article - 6-16-19

### **Six tips from a psychologist for coping with the negative impacts of social media use, which research has linked to social isolation, loneliness, and depression.**

More than one-third of American adults view [social media as harmful to their mental health](#), according to a new survey from the American Psychiatric Association. Just 5% view social media as being positive for their mental health, the survey found. Another 45% say it has both positive and negative effects.

Two-thirds of the survey's respondents believe that social media usage is related to social isolation and loneliness. There is a strong body of research linking social media use with [depression](#). Other studies have linked it to [envy](#), [lower self-esteem](#), and [social anxiety](#).

As a psychologist who has studied the perils of online interactions and has observed the effects of social media (mis)use on [my clients' lives](#), I have six suggestions of ways people can reduce the harm social media can do to their mental health.

#### **1. Limit when and where you use social media**

Using social media can [interrupt and interfere with in-person communications](#). You'll connect better with people in your life if you have certain times each day when your social media notifications are off—or your phone is even in airplane mode. Commit to not checking social media during meals with family and friends, and when playing with children or talking with a partner. Make sure social media doesn't interfere with work, distracting you from demanding projects and conversations with colleagues. In particular, don't keep your phone or computer in the bedroom—it [disrupts your sleep](#).

ADVERTISING

#### **2. Have “detox” periods**

Schedule regular multiday breaks from social media. Several studies have shown that even a five-day or weeklong break from Facebook can lead to [lower stress](#) and [higher life satisfaction](#). You can also cut back without going cold turkey: Using Facebook, Instagram, and Snapchat just 10 minutes a day for three weeks resulted in [lower loneliness and depression](#). It may be difficult at first, but seek help from family and friends by publicly declaring you are on a break. And delete the apps for your favorite social media services.

### **3. Pay attention to what you do and how you feel**

Experiment with using your favorite online platforms at different times of day and for varying lengths of time, to see how you feel during and after each session. You may find that a few short spurts [help you feel better](#) than spending 45 minutes exhaustively scrolling through a site's feed. And if you find that going down a Facebook rabbit hole at midnight routinely leaves you depleted and feeling bad about yourself, eliminate Facebook after 10 p.m. Also note that people who use social media passively, just browsing and consuming others' posts, [feel worse than people who participate actively](#), posting their own material and engaging with others online. Whenever possible, focus your online interactions on people you also know offline.

### **4. Approach social media mindfully; ask “why?”**

If you look at Twitter first thing in the morning, think about whether it's to get informed about breaking news you'll have to deal with, or if it's a mindless habit that [serves as an escape](#) from facing the day ahead. Do you notice that you get a craving to look at Instagram whenever you're confronted with a difficult task at work? Be brave and brutally honest with yourself. Each time you reach for your phone (or computer) to check social media, answer the hard question: Why am I doing this now? Decide whether that's what you want your life to be about.

### **5. Prune**

Over time, you have likely accumulated many online friends and contacts, as well as people and organizations you follow. Some content is still interesting to you, but much of it might be boring, annoying, infuriating, or worse. Now is the time to unfollow, mute, or hide contacts; the vast majority won't notice. And your life will be better for it. A recent study found that information about the lives of Facebook friends [affects people more negatively](#) than other content on Facebook. People whose social media included inspirational stories [experienced gratitude, vitality, and awe](#). Pruning some “friends” and adding a few motivational or funny sites is likely to decrease the negative effects of social media.

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### **6. Stop social media from replacing real life**

Using Facebook to keep abreast of your cousin's life as a new mother is fine, as long as you don't neglect to visit as months pass by. Tweeting with a colleague can be engaging and fun, but make sure those interactions don't become a substitute for talking face-to-face. When used thoughtfully and deliberately, social media can be a useful addition to your social life, but only a flesh-and-blood person sitting across from you [can fulfill the basic human need](#) for connection and belonging.

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*Jelena Kecmanovic is an adjunct professor of psychology at Georgetown University. This article is republished from [The Conversation](#); read the [original article](#).*

EPILOGUE TO "CALL THE MIDWIFE," SEASON 8, EPISODE 8

"Gathered together we find our light  
And each spark shifts and multiplies  
Scattering its radiance on our ordinary lives.  
Like everything precious, more valuable when shared.  
Like every common miracle made of the stuff of stars

Let the light shine.  
Watch for it falling on each other's faces.  
Count the beams. Catch them.  
Let them be reflected back.

See the home. See the promise  
Never hide your fears in silence.  
Listen to those you cherish.  
Hold them in your arms.  
Let them hear your heart.

Tell your truth.  
Tell your story.  
Tell your love."