



# Federal Bar Association

## **Policy No. 3-2: Health and Wellness**

**Approved By:** Board of Directors

**Date Approved:** September 5, 2019

**Date Effective:** September 5, 2019

### **Policy:**

The Federal Bar Association recognizes the importance of the care of the whole person. The FBA is dedicated to the active process of assisting its members in developing and maintaining, among others, the physical, social, emotional, occupational, and intellectual wellness of our members. The FBA pledges to offer programming, resources, and activities to encourage and promote these wellness categories among its members.

### **In-Person Meetings**

Each year, the FBA hosts numerous in-person meetings at the national and chapter level. Chapter, Division, Section, and planning committee leaders should communicate wellness initiatives to participating FBA members at in-person meetings through the following methods:

#### *Health and Wellness Activities & Resources*

Program hosts are encouraged to provide participants with at least one opportunity to participate in an organized fitness activity at each meeting. Examples include, but are not limited to, organized fun runs/walks, group aerobics, hiking, resistance, flexibility and balance training, etc.

Planning committees should also identify health and wellness resources for each meeting. Wellness resources include any kind of information, advice, activity, facility, equipment and membership that promotes member health (physical, emotional and psychological) and fitness. Common examples include the location of facility gyms, running route information, aerobics class schedules, etc.

#### *Nutritional Information*

At each meeting, Chapter, Division, Section, and planning committee leaders should also provide participating members with nutritional information associated with conference/meeting meals. Program hosts should also attempt to provide various healthy food options.

### **Programming**

Chapter, Division, Section, and planning committee leaders are encouraged to provide programming opportunities to better educate members on general healthy living to improve their overall physical and mental health. Accordingly, when providing CLE or other programming, it is recommended to reserve a portion of the programming to address these topics. Examples include the following:

- Plan and complete an activity that involves health and wellness
- Educational programming on work-life balance

- Productivity education
- Stress management education
- Healthy traveling tips
- Training on how to stay healthy while at the office
- Age appropriate physical activity guidelines

The FBA shall also provide opportunities for speakers to present webinars on health and wellness for the benefit of members on an annual basis at a minimum.

**Communication**

The FBA is committed to including a focus on health and wellness in its communication channels, including, but not limited to, *The Federal Lawyer*, website, blog, social media, and e-newsletter. Articles and posts shall be solicited from the membership and shall be published on a quarterly basis at a minimum.

**Purpose:**

The FBA believes it is in the best interests of the association and its members to support attorney well-being. The purpose of the policy is to empower and motivate members to take action to improve their overall well-being and to offer opportunities and programming that support the organization's commitment to health and wellness.

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**Change Notice:** Amended March 28, 2026 to reflect current procedures.