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MOSTYN LAW EXPANDS EMPLOYEE NUTRITIONAL BOOT CAMP CHALLENGE

Dozens of employees at Houston's Mostyn Law take steps to lose weight and stay heart-healthy.

HOUSTON, TEXAS - MARCH 31, 2014 - Building on the success and popularity of their Nutritional Boot Camp Challenge, Mostyn Law has expanded its office-wide program to encourage healthy living and help employees lose weight and live heart-healthy.

The challenge was first issued by Firm owners Steve and Amber Mostyn in February 2014 to help motivate employees to make healthier lifestyle choices. Though workplace fitness and health initiatives are nothing new, the nutritional challenge at Mostyn Law went above and beyond in terms of dedication and results. The process began with each participant meeting with a doctor for blood work and a physical exam. The program also included extensive nutrition, fitness, and food preparation classes.

After 13 employees lost a combined total of nearly 200 pounds in the first four weeks, the program has been expanded to include over 20 more Mostyn Law team members. That means over 40 percent of the Firm's Houston-based employees are now receiving regular nutrition and fitness instructions, monitoring their cholesterol and heart health under a doctor's supervision, and eating a diet of predominately plant-based whole foods.

"I'm excited to see how the program will help improve my dietary habits and my overall health," said Andrew Browning, attorney at Mostyn Law. "It's a challenge but the benefits are profound! We're all grateful to the Mostyns for their generosity in helping improve the quality of our lives."

"As attorneys and business owners, Amber and I think of our law firm as a team. Of course we want our employees—our team members—to work hard and deliver for our clients; but we also want them to lead long, happy, healthy and productive lives outside of the office," said Steve Mostyn, founder of Mostyn Law. "That's why it is so inspiring to see dozens of the Mostyn Law team participate in our Nutritional Boot Camp Challenge. Our lawyers and legal professionals are healthier today than they've ever been, which means they can work harder and work smarter to deliver the best results for the clients we represent."

To learn more about Mostyn Law, please visit www.MostynLaw.com.

About Mostyn Law

Based in Houston, Texas, Mostyn Law was established in 1999 by Steve Mostyn. Mostyn Law has earned its reputation by tirelessly standing up for the rights of ordinary people who have been treated unfairly by insurers, injured by defective products, or suffered personal injury. Mostyn Law has 125 employees in its offices in Houston, Beaumont, Austin, and Galveston.

Mostyn Law

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