

Mary Ruth Houston Discusses Work-Life Balance and COVID-Era Fitness with Law.com

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[Mary Ruth Houston](#), Co-Managing Partner of Shutts & Bowen LLP's Orlando office and Chair of the Labor & Employment practice group, was recently featured in an article by Law.com entitled, "My COVID-Era Weekday Workout."

In the article, Mary Ruth discusses her passion for mountain climbing and hiking, as well as the benefits such exercise brings to her legal practice and her personal life. She breaks down her regular workout routine, noting how the COVID-19 pandemic affected her regimen. "Regular exercise puts everything in perspective," said Mary Ruth. "I find that giving yourself a bold goal, the achievement of which requires a high level of fitness, is key." Although the frequency of her workout routines may be greatly reduced in the event of a looming trial, Mary Ruth explains how she maintains work-life balance and achieves her fitness goals by making time for varied workouts throughout the week. An avid climber for more than a decade, Mary Ruth has summited two of the Seven Summits, as well as Cotopaxi, Ecuador, the highest active volcano in the world, and Stok Kangri, a 6,194 m (over 20,000 feet) mountain in Ladakh, India. For her next trek, she plans to climb Long's Peak in Colorado over the summer.

To view the article, [click here](#).

About Mary Ruth Houston

[Mary Ruth Houston](#) is Co-Managing Partner of the Orlando office and Chair of the firm's Labor & Employment Law Practice Group. She is certified as a mediator in Florida courts and the Middle District of Florida. She was selected as Orlando's 2020 "Lawyer of the Year" in Litigation – Labor and Employment, by *Best Lawyers in America*®. Mary Ruth focuses on business and employment-related issues using a problem-solving approach that helps clients concentrate on their core business. With over 30 years of experience handling complex disputes, her understanding of business issues outside the courtroom enables her to advise companies on how to avoid litigation, minimize its effects or, when litigation is required, handle it efficiently and effectively. Mary Ruth's practice encompasses a broad range of labor and employment issues, including employee discharge and discrimination cases, including age, sex, race, national origin, religion and disability claims, as well as cases involving restrictive covenants and wage-hour matters (individual and collective). She also has

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extensive experience in negotiating and drafting complex employment and severance agreements. Her litigation practice also encompasses a wide variety of commercial, contract, intellectual property, and business tort disputes.

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