

Sarah Donini Rodriguez Interviewed in the May 2025 Edition of The Briefs Magazine

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Shutts & Bowen LLP Orlando partner, [Sarah Donini Rodriguez](#), was recently interviewed in the May 2025 edition of *The Briefs* Magazine, discussing fitness in an article titled "The Fit Jurist: Five Legal Professionals Share How a Physically Active Lifestyle Sharpens Their Minds."

The article highlights how demanding the legal profession is and how physical activity can enhance thinking skills, resilience, stress management, decision-making and focus.

When asked about what advice she would give to legal professionals looking to improve their health and fitness habits, Sarah said, "Make it a priority now while you are mobile and healthy. Get up early. Get it done. Doesn't matter how fast you run or how much weight you lift. Anything is better than nothing."

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

About Sarah Donini Rodriguez

[Sarah Donini Rodriguez](#) is a Partner in the Orlando office of Shutts & Bowen LLP, where she is a member of the Construction Litigation Practice Group. Sarah's experience includes representing clients in construction litigation, construction contract preparation and commercial litigation. She has represented developers, land owners, contractors, design professionals, and suppliers in complex state and federal litigation involving professional malpractice, design errors, construction defect claims, delay claims, lien issues, and much more. In addition to her construction practice, Sarah has litigated numerous commercial business disputes, including landlord/tenant matters, intellectual property claims, contract disputes, and others. Sarah has represented clients through trial and appeal in both state and federal courts around the country. She also routinely handles matters involving the negotiation and drafting of agreements related to project development, including design and construction.

Professionals

Sarah Donini Rodriguez



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