

# My Weekday Workout: Cozen O'Connor's Anna McDonough

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Anna McDonough shares the role fitness plays in her daily life in an article on Law.com. In the article, Anna discusses her lunchtime workout routine which typically involves running in Philadelphia with colleagues from the firm's running group and occasionally clients. When asked how she stays motivated to workout, Anna replied, "We all keep tabs on each other. Either we are scheduled to run, or we check out each other's runs on the fitness app (Garmin), so you don't want to be the one who wimps out!"

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

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