

Kevin Fine has been practicing personal injury law for 25 years, and has served as the president of the Arizona Trial Lawyers Association. For the last 12 years, he has been with Davis Miles McGuire Gardner. Six years ago, he finally gave up his dream of becoming a famous trial lawyer, and turned his focus to being above average in health and fitness among lawyers—a much less competitive venture.

So, at age 47, Kevin trained for and ran his first full marathon, adopted a vegetarian diet (now vegan), and started learning and practicing as much as he reasonably could in fitness, nutrition, and mindfulness. Now, six years later, he has run over 15 full marathons (with a couple Boston Qualifying times), and multiple other events, like Ragnar, half marathons, and Rim-to-Rim Grand Canyon, and continues to study and apply the principles of wellness.

Kevin is a native Arizonan, and received his Bachelors of Arts and Juris Doctorate degrees from Brigham Young University. He has been married for 31 years, luckily to someone who shares his interest in this subject. He and Candice have raised five children, all of whom are currently out of the house. He has also served in many positions with the Boy Scouts of America, including Scoutmaster.

Kevin hopes that what he has experienced may be of help to others, particularly professionals. And he believes that hearing it from someone who was not an Olympian, has a professional career, raises a family, and has other real-life responsibilities may add some perspective to the views and information from the true experts in what is now known as “wellness.”