

Stress test: One of the stresses in Honnie Murphy's life is protecting her 7-year-old Carolyn from 5-year-old John while she's trying to transcribe notes in her work as a

## Hills resident combats stress with exercise

Editor's note: This is part of a series of articles about stress and how people cope with it.

BY BILL COUTANT



For Bonnie Murphy, stress is part of the job. But the Hills mother of three has learned how to handle the problem instead of invoning it.

to handle the problem instead of ignoring it.

"Last year I turned 40," she said. "I decided to become more physically fit so I began working with a personal trainer."

Murphy, who works as a court reporter, said exercise has helped her lose 30 pounds and improve her mental endurance. That's im-

portant in her line of work.

"Aa a freelance court reporter, you don't know if you'll be working 10 minutes or for 10 hours," she said. "Every day is different so you have to be flexible."

And although she'll admit it was very unusual, one of Murphy's assignments took her to Atlanta, Ga. — for one day.

"Sometimes I'll be in Lansing and other times I'm in courts in this area," she said.

Wherever she works, Murphy said there is no room for error be-cause the transcript is the official record for court proceedings.
"You can't have a bad day," she

said.

So by eating right and exercis-ing, Murphy helps balance a busy

life of work and family. But to ac-complish both, including spend-ing time with her husband and kids, she has to start her day early — at 5 a.m.

"That's the only time I can fit into my schedule," she said. "But I've found that it's really worth it. I really feel good throughout the

day."

After 20 years as a court reporter, Murphy said she's had her
share of unusual days and more
than ber share of deadlines. But
that is part of the satisfaction.
And working out has helped her
enjoy it.

"I feel 100 percent better," she
said. "I didn't realize how much
exercise meant until I really started doing it."

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