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## To Combat Stress of Lawyering, South Florida Attorney Relies on Extreme Fitness—and Is Now a Champ

"I believe that the level of confidence you have in yourself does reflect in the way you perform in any other areas of your life, whether it be your personal, family or business life," attorney Jibrael Hindi said.

By Jasmine Floyd | February 14, 2022



**Fort Lauderdale attorney Jibrael Hindi, second from left, of The Law Offices of Jibrael S. Hindi, taking first place in Men's Physique and earning his International Federation of Bodybuilding and Fitness Pro Card, making him an IFBB professional bodybuilder. Credit: Jeff Binns/NPC News Online**

When 32-year-old attorney Jibrael S. Hindi isn't building cases, he's bodybuilding.

And now, the Fort Lauderdale managing partner of The Law Offices of Jibrael S. Hindi is talking about the keys to balancing health and career.

Hindi specializes in consumer protection. But when he's not doing that, he's enjoyed competing in athletic events throughout his life. This competitiveness always stuck with him, which is why he says being an attorney was a perfect fit.



**Fort Lauderdale attorney Jibrael Hindi, right, is also an IFBB professional bodybuilder. Credit: Ultimate Grand Prix**

"I played sports in high school, and owned and sold many businesses before I was a lawyer. I think that being an effective lawyer requires you to have that competitive characteristic. I remember law professors telling us in law school not to take our cases personally. I think that's terrible advice. If I hired a lawyer I would want him or her to take my case personally," Hindi said. "Wanting to become a lawyer was highly driven by the 'combative' perception that I have of the profession. It matches my personality, and I am blessed to have been able to pursue my dream career as a litigator fighting for the little guy. With regards to bodybuilding, I used to do martial arts, particularly jiu-jitsu. However, in 2017 I suffered a neck injury while sparring that required surgery, and I decided to walk away from the sport because I did not want to take further risks in reinjuring my neck. ... It was after I recovered from that injury that I was introduced to competitive bodybuilding."

Now, Hindi said becoming an International Federation of Bodybuilding and Fitness professional has helped his physical health.

"Being a men's physique competitor, I admit it is on the extreme of the spectrum of seeking health benefits from physical activity. You obviously don't need to go that far to get the benefits of living an active lifestyle. Being active is crucial, especially as a lawyer. It's a very stressful job. You're constantly fighting with people and over time it will take a toll on you," Hindi said. "For me releasing those endorphins in the gym and just being able to zone out is kind of therapeutic. It allows me to

strike that balance of releasing all that stress in a productive way that you're actually getting a return—which is making yourself look better and in turn feeling better. It goes back to confidence too. You have to take care of yourself before you can take care of others. If you're not feeling good and not capable of being in a position where you're at your best, how can you be expected to take on other people's problems effectively?"

## Law Firm Provides Gym Membership

Being a bodybuilder is an escape for Hindi not only physically, but also mentally when it comes to being an attorney.



"It helps with the work-related stress that all lawyers notoriously face, but also helps with confidence. I believe that the level of confidence you have in yourself does reflect in the way you perform in any other areas of your life, whether it be your personal, family or business life," he said. "To me training as a competitive bodybuilder makes me mentally feel great, and when I'm mentally able to feel great, I'm able to operate at a high level, which will lead to better performance as a lawyer. My clients deserve the best of me and my team. My law firm provides all employees with a gym membership of their choice."

Hindi is also proud of how far his law firm has come.

"I started off as a solo practitioner. I was by myself for three years. Today I have a staff of 10 and over 1,000 active cases, and we are continuing to grow, thank God," Hindi said. "As of late we just opened a new practice, which is going after credit report agencies for inaccurately reporting data on consumer credit reports. I'm hopeful in the future we will continue to add other practice areas in the consumer-protection space."

## 'Jibrael Excels'

As an attorney when Hindi first got out of law school, he knew he wanted to litigate in the civil arena, but didn't know what particular practice area. He discovered the consumer law practice area from a case that he found on Westlaw.

From there he would meet attorney Scott D. Owens.



**Scott D. Owens/courtesy photo**

"I met Mr. Hindi in 2015. He emailed me out of the blue and invited me to lunch. Jibrael was already familiar with my law practice, and I provided him with my best advice on what sort of cases and fact patterns to be on the lookout for."

Owens described Hindi as dedicated.

"He has managed to balance his thriving legal practice along with his passion for competitive bodybuilding. Jibrael excels and will continue to excel in whatever he chooses to pursue," Owens said.

Law Offices of Jibrael S. Hindi partner and shareholder Thomas Patti III in Fort Lauderdale said Hindi accomplishes anything he puts his mind to.

"He is probably one of the more driven people I know. We first started off as a traditional consumer protection, which involved representing individuals who were being harassed by debt collectors, law firms and banks when they were not in a financial position to pay their debts," Patti said. "Since then, we have made significant changes in the arena when it comes to the manner in which the law protects these people."

Bret Lusskin Jr. of Bret Lusskin P.A. in Golden Beach said



**Fort Lauderdale attorney Jibrael Hindi competing and eventually taking first place in Men's Physique and earning his IFBB pro card, making him an IFBB professional bodybuilder. Credit: Jeff Binns/NPC News Online**



Hindi is a fine consumer lawyer.

"We've co-counseled on a number of cases. He's brilliant, ambitious and a good friend. And the fact that he won that first place, I am very proud of him to call him a friend, co-counsel and colleague," Lusskin said.

Hindi advises that any attorney who decides to incorporate weight training, martial arts or any other competitive physical activity would likely see improvement in their anxiety and stress levels.

"I think a lot of people are looking for solutions for stress and anxiety, and frankly, as we read everyday, a lot of lawyers turn to the wrong things like alcohol and drugs for that escape," Hindi said. "However, I suggest maybe trying the gym to release those endorphins. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine which wards off anxiety and feelings of depression."



**Bret Lusskin Jr. of Golden Beach/courtesy photo**

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**Matt Dietz/courtesy photo**

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Miami attorney Matt Dietz of Disability Independence Group Inc. agrees, suggesting lawyers find hobbies to take their mind off the day-to-day stresses and their responsibility to find solutions to other people's problems.

"After being a lawyer for 25 years, if you do not have a hobby, or anything to occupy your mind, there is no way to survive as a lawyer. Depression and anxiety are a huge problem in the legal profession, which leads to alcohol or substance abuse," Dietz said. "I also believe it's important to get a mental health counselor, and see one, whether it's a psychologist or psychiatrist. Seeing a mental health counselor and taking care of your mental health is just as important as taking care of your physical health."

## Jibrael Hindi

**Born:** April 23, 1988; New York, New York **Spouse:** Carolina Tabai

**Education:** Florida Atlantic University (degree in finance); Nova

Southeastern University (J.D. 2015) **Experience:** Owner, The Law Offices

of Jibrael S. Hindi (2015-present)

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