

Tuesday, June 1, 2010 As of 9:52 AM EDT

## THE WALL STREET JOURNAL.

Today's Paper • Columns • Blogs • Topics • Journal Community

Home World U.S. New York Business Markets Tech Personal Finance Life &amp; Style Opinion Careers Real Estate Small Business

QUICK LINKS: Gulf Oil Spill Middle East Health &amp; Wellness Week Ahead D8 Conference Apple iPad Summer Book Preview Sports Heard on the Street

WHAT'S YOUR  
WORKOUT?

BY JEN MURPHY

May 24, 2010

Sharpening Mind and Body  
With Martial Arts

Video: Chief executive Mark Fromm incorporates Brazilian jiu-jitsu into his workout routine.

## The Executive

The Workout

The Diet

Cost and Gear

Fitness Tip

Quick Fix

The Playlist

In his teens and early 20s, Mark Fromm kept in shape with karate and boxing. But he had to stop practicing his junior year of college after he was in a car crash. Back problems from the accident stayed with him into his 30s.

"I was on a quest to cure the pain," says Mr. Fromm, CEO and co-founder of Mark David & Company, a residential- and commercial-real-estate brokerage in New York City.

PREVIOUS  
What's  
Your  
Workout



Real  
Estate  
Exec Mark  
Fromm



CEO Kim  
Nelson



Senior  
Vice  
President  
Lori



CFO  
Tonya  
Shaw



Small-  
business  
owner  
Ryan

