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P&N Director Named to Fittest Executives

P&N is proud to announce that director Freddy Smith, CPA was named to the *Baton Rouge Business Report's Top 20 Fittest Executives of the Capital Region*. At 42 years old, Freddy placed third on the list after performing a series of physical fitness tests.

Contestants were also asked to provide information about their personal exercise routines and the impact of fitness on their lives and their performance at work. As a director in Louisiana's largest accounting and business advisory firm, Freddy manages to incorporate cardio, strength-training, and athletic competition into his exercise routine. "Exercise contributes to a healthy mind and body, which can help in all aspects of life, including job performance," he says.

Now in its second year, the friendly competition recognizes top management who are role models for healthy living. The contest gives executives a chance to inspire their employees to healthier lifestyles. Leadership sets the tone for the company's culture, and a healthy executive often translates into healthier workforces. Click [here](#) to see the full list of winners.

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