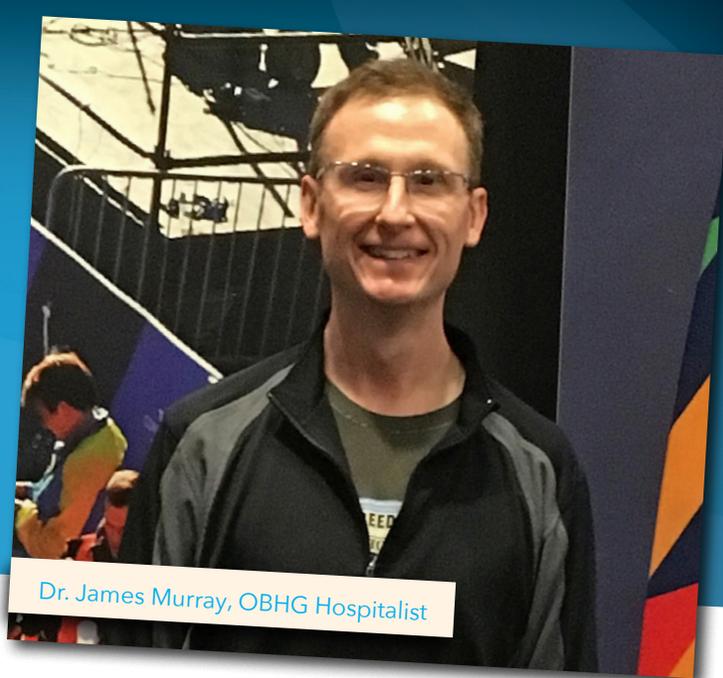


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Ob Hospitalist Group clinician testimonial



Dr. James Murray, OBHG Hospitalist

Going the Distance

By April Morris

Dr. James Murray readily admits that he was once “a typical overfed American physician.”

An OBHG hospitalist at Winchester Medical Center in Virginia, Dr. Murray said that he and his OB/GYN practice partner used to sit in their office and “talk about our poor cardiac family history and delude ourselves with thoughts about how it wouldn’t happen to us.”

After his partner passed away from a heart attack, Dr. Murray knew he needed to make some significant lifestyle changes, particularly with diet and exercise. So about five years ago, he began eating healthier and returned to the form of exercise he enjoyed most in his youth – running.

Dr. Murray regularly hits the trail everywhere from the C&O Canal Towpath along the Potomac River to the quiet tracks of Antietam National Battlefield. His favorite spot to log miles is on the Appalachian Trail near his West Virginia home.

An Urban Challenge

Running while surrounded by nature is where Dr. Murray prefers to be, but last November, he opted to pound the pavement in the infamous New York City Marathon. The esteemed road race spans more than 26 miles across five boroughs, from Staten Island to Manhattan’s Central Park.

The New York trek was Dr. Murray’s seventh marathon. “I’m definitely a middle-of-the-packer,” he said of his speed “I took photos along the way, did some sightseeing, and (later) had lunch with friends in New York City.”

Dr. Murray says that, for him, mile 25 was the most arresting moment in the marathon: It’s “when you re-enter Central Park and the crowds are on either side—and they’re deafening.”



“I don’t see myself going back to another practice model. Life’s too short.”

– Dr. James Murray
Hospitalist, Ob Hospitalist Group



Dr. Murray often enjoys running along the quiet trails of Antietam National Battlefield.

Time to Run

Dr. Murray said working as an OBHG hospitalist gives him time to keep fit, serve as an Army Reservist, and travel to race or leisure destinations. "It's like I have a mini-vacation every month," he said. "I work nine shifts a month and still have up to six days off in a row. I also like having days off during the week to visit spots that would otherwise be crowded on the weekends."

"I don't see myself going back to another practice model. Life's too short," he said. "I will (work) as an OB hospitalist for the remainder of my career. ... I can't imagine going back to private practice."

After completing one of the most challenging and popular events in the country, Dr. Murray isn't slowing down. He plans to run more marathons in 2017. And for those who think a long-distance race is beyond their reach, Dr. Murray has these heartening words: "I'm convinced that most people can run a marathon with proper training."

Dr. Murray has asked his fellow hospitalists to follow in his footsteps and consider making a change now: "I would encourage everyone to take a good, hard look at the current state of their health and make an honest assessment if they are really healthy or not. And if they're not, what are they waiting on?"



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