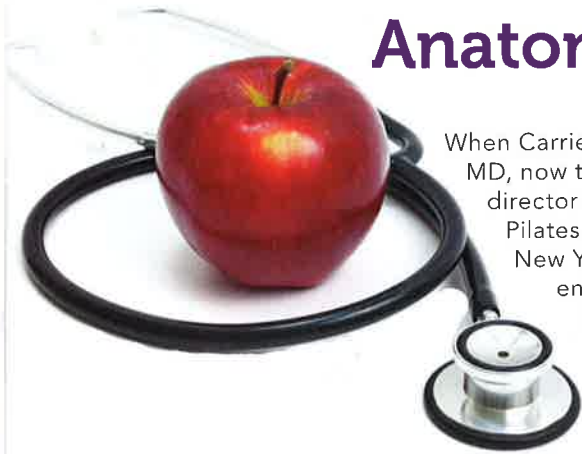


Anatomy Lessons



When Carrie McCulloch, MD, now the medical director of Kinected Pilates studio in New York City, entered Mount Sinai School of Medicine seven years ago, "I was probably at my healthiest,"

she says. "I had just finished my STOTT PILATES® certification and was extremely active and ate well. Unfortunately, things went south quickly from there." Dr. McCulloch had become another victim of the stress and long hours notorious of med school.

"It's paradoxical, but there is not much emphasis on self-care in the education of a medical student," McCulloch says. "But I believe all medical professionals have an obligation to maintain their own health. We can't communicate with patients effectively about the importance of exercise and healthy eating habits if we can't practice what we preach."

In one of her first classes at Mount Sinai, McCulloch met a kindred spirit in Stephanie Pieczenik Marango (now an MD). "She was a certified yoga teacher," says McCulloch. "We couldn't understand why we were learning about the human body from textbooks and not applying it to our own living, breathing anatomy. After a few brainstorming sessions, we came up with the idea of Living Anatome—a curriculum of 60- to 90-minute classes that would help our fellow students review musculoskeletal anatomy through a series of yoga and Pilates exercises." A bonus? Their classmates would get a much-needed workout.

"For example, to help students learn the anatomy and function of the obliques, a



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—Anne Marie O'Connor

—Rachael Grannell

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