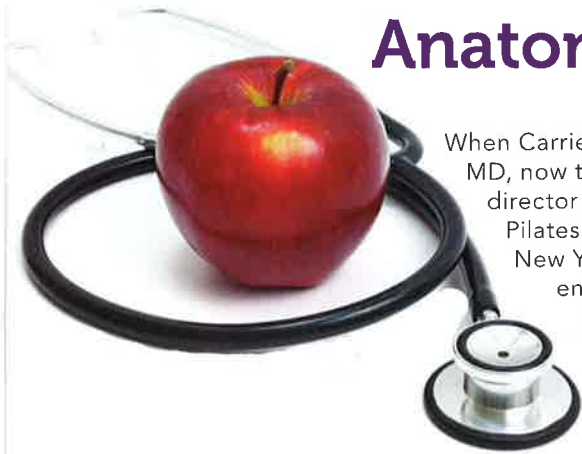


Anatomy Lessons



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



PHOTOS COURTESY: CORE BODY REFORMER; KINECTED PILATES STUDIO; ISTOCK PHOTO

Reformer on the Cheap



If Santa didn't grant your wish for a Reformer this past holiday, get the next-best thing: the new

CoreBody Reformer.

The easy-to-use workout system features a soft, foam-covered roller tube and a two-push button, variable resistance cable to simulate Reformer resistance and accommodate all levels. The machine comes with four workout DVDs, created by dance and fitness instructor Jennifer Galardi, which combine Pilates, yoga, dance and strength moves to work the

entire body, increase balance and flexibility and burn calories. Best of all, the portable machine weighs in at just 17 pounds and can be folded up to the size of a Pilates mat (\$279; www.corebodyreformer.com).

Living Anatome class would first briefly review the abdominals, and then take the students through exercises (like the Hundred and Spine Twist) to demonstrate the muscle's function," she says.

"The classes were a huge success," McCulloch reports. "They attracted not only students, but faculty members and even some deans." Two years ago, Living Anatome became an official part of the curriculum at Mount Sinai. McCulloch and Marango have also taught medical students at Columbia University and physical therapy students at Hunter College, and have been asked to offer the class at schools around the country. In the meantime, the class formats are available at www.livinganatome.com. (McCulloch plans on adding video soon.)

In early spring, Living Anatome, along with Students for Integrative Medicine at Mount Sinai, is co-sponsoring the first NYC-wide Medical Student Wellness Day. It's another way that McCulloch and Marango hope to encourage medical students to maintain a healthy lifestyle, with lectures from wellness experts and hands-on R&R (including a healthy dose of Pilates!).

—Anne Marie O'Connor

—Rachael Grannell

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