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Work the Heart, Train the Brain

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Work the Heart, Train the Brain

The second year of medical school is notoriously known as the most challenging of all of the years in school. Throw in a pandemic, boards studying, and zoom fatigue, and you've got yourself some burnt out medical students. We quickly realized that our free time is extremely limited, and it can be difficult trying to find room for family, friends, and exercise during that sparse yet cherished time. It has been vital to our mental health to find that delicate balance and to see it lead to an even more productive study regimen.

When we reflect back on the things that brought us the most joy, we decided to challenge each other to take more productive study breaks away from our screens. I live in Tampa and Jenna lives in Davie so despite being hundreds of miles away during dedicated board studying, we were able to take daily study breaks together by making sure we got at least 30 minutes of exercise a day. Our preferred modes of movement included biking, rollerblading, or power walking outside (trying to get as far away from *Pathoma* and *FirstAid* as we could).

AUTHORS: MONICA SCITURRO AND JENNA KNAFO

We kept each other motivated by completing Apple Watch competitions and sent each other encouraging messages after we completed our workouts. We discovered that taking these breaks encouraged us to complete tasks beforehand and helped us focus better afterwards. Although balancing it all can seem like a challenge in itself, we were able to see the benefits of taking these breaks and supporting each other through such a mentally and physically draining time.



You're so behind, I can't see you. 🏃

Monica Scitturro
Skating
47Cal

You deserve a medal. 🏆

Monica Scitturro
Outdoor Run
2.11MI

Miss the bus? 🚌

Jenna Knafo
Outdoor Walk
2.14MI

You said you'd go easy on me! 😬

Jenna Knafo
Outdoor Cycle
5.01MI



Monica Scituro and Jenna Knafo are in their second year of medical school.

ABOUT THE AUTHORS