

## Exercise class brings work/life balance

The New York Communications & High Tech informal women's mentoring group is helping to foster work/life balance by offering professionals a break from their desks with a weekly Pilates class.

Pilates is an exercise form based on core strengthening, targeting the muscles that support the spine. Breathing patterns also are integral to the exercises, encouraging a mind-body connection and enhanced concentration.



**Rebekah Rotstein assists a student with an exercise.**

The idea for the classes stemmed from the mentoring group's aim to help improve professionals' general well-being. The sessions are taught by Rebekah Rotstein, an instructor from Incorporating Movement whose experience in the corporate world enables her to tailor the exercises specifically to target health problems associated with desk work.

"I take the classes a step further than traditional Pilates, incorporating full-body exercises rather than simply focusing on abdominals," said Rotstein. "In this way, the classes can help address what I call the 'computer slump,' reducing neck and upper back pain and helping to relieve stress."

In addition to the upper body work, Rotstein also focuses on increasing flexibility and alignment and incorporates exercises to relieve symptoms of carpal tunnel syndrome.

Feedback to the class has been very positive and interest is increasing.

"It's amazing to think how many people are affected by work-related health problems that could be prevented," Rotstein added. "Pilates not only benefits the employee, but also the employer because people return to work more relaxed, focused and invigorated."

The New York Communications & High Tech informal women's mentoring group, which is partially funded by Accenture, was established in May 2003. Since its inception, the group has offered yoga workshops and has invited a number of guest speakers to share experiences.

"Our goal was to provide informal networking opportunities for women," said Emily Romanchuk, consultant-Communications & High Tech. "The Pilates sessions are helping not only to bring women together but also are offering real benefits to help women deal with the stresses and strains of the workplace."

#### **More information**

The Pilates sessions, which are open to all New York-based professionals, are held every Thursday at 6:30 p.m. at the 1345 Avenue of the Americas location. For more information about the New York Communications & High Tech informal women's mentoring group or any of its events, please contact [Emily Romanchuk](#)

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