

At the Medical University of [South Carolina](#) neurological surgery program, we experienced [resident](#) attrition due to poor physical and mental health. This prompted a detailed discussion among residents and faculty regarding the daily stresses and limitations to attend to personal wellness during residency. These discussions have led to the development and implementation of Operation La Sierra, a [wellness](#) program named after the [California](#) high school that became famous for its physical education program in the 1960s ¹⁾

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Fargen KM, Spiotta AM, Turner RD, Patel S. Operation La Sierra: A Novel Wellness Initiative for Neurological Surgery Residents. J Grad Med Educ. 2016 Jul;8(3):457-8. doi: 10.4300/JGME-D-15-00641.1. PubMed PMID: 27413464; PubMed Central PMCID: PMC4936879.

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