



# THE VERTICAL BALLET

Financial services veteran Cynthia Kett can't beat the views – or the mental clarity – that come with rock climbing

**WHEN CYNTHIA KETT** suffered a serious injury playing softball, she decided it was time to take up a safer sport: rock climbing. In addition to providing great exercise and spectacular views, rock climbing also offers Kett, a principal with Stewart & Kett Financial Advisors, the key to work-life balance.

“It's a terrific stress-buster because you can't really think about anything other than climbing,” says Kett, a nearly 25-year veteran of the financial services industry. “You're very focused on the moment – if you think about anything else, you'll fall off.”

Kett, who has been climbing for more than 17 years, likens the sport to meditation. “You get into a nice, quiet state of mind as you're rock climbing,” she says. “It's social because you might have a group of people you climb with, and you talk between climbs or over lunch, but it's really you against the rock and you challenging yourself.”

## KETT'S FAVOURITE CLIMBS

**350 feet**

Mazinaw Rock  
Bon Echo, Ont.

**98 feet**

Kamouraska  
Bas St-Laurent Gaspésie, Que.

**90 feet**

Yangshuo  
Guangxi Province, China