

Commit to Your Health!

The Mount Sinai Fit
Personal Wellness Team
Is Here for You!



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Specialist



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Personal Nutrition

- Are you interested in knowing how to choose foods that make you feel good, taste good, and help you maintain a healthy weight?*

Speak with a personal nutritionist to create your ideal eating and lifestyle plan.

- Are you at risk for developing or living with diabetes and would like to speak with a clinical pharmacist?*

Speak with our Diabetes Wellness Team, including a nutritionist and clinical pharmacist: Your pharmacist will discuss the purpose and use of your prescriptions and optimize your care.

- Do you wish you were more active?*

Talk with one of our clinicians about an exercise program you can do at home or almost anywhere.

- Are you still smoking and trying to stop?*

Speak with a smoking cessation coach for help now.

Meet with your own personal wellness team— a nutritionist, pharmacist, and personal trainer. All here to help you take care of you.

To make an appointment, email wellness@mountsinai.org

Mount Sinai Wellness services for employees and
faculty: [mountsinai.org/about/ms-fit](https://www.mountsinai.org/about/ms-fit)