



2026 Step Into Health with Reach Your Peak 2026


Frequently Asked Questions

QUESTIONS	ANSWERS
<p>What is the Step Into Health with Reach Your Peak?</p>	<p>Step Into Health with Reach Your Peak is Mount Sinai Health System annual steps challenge for 2026.</p> <p>Register here to Step Into Health with Reach Your Peak 2026 designed to support you in creating a health and wellness plan for life. While participating in RYP, you are encouraged to achieve your best possible health through daily wellness practices that enhance your health not only during the series but beyond, for life.</p> <p>With RYP you have the opportunity to participate in an energizing, fun, systemwide personal and team-based wellness initiative led by Mount Sinai’s Wellness Calm and Fit teams, sponsored by Human Resources. Throughout the series you will receive information on creating a personalized and nutritious eating plan, tips on achieving your steps goals, access to strength and flexibility exercises, ways to adopt calming mindfulness practices, and tips for preparing restorative sleep.</p> <p>We hope to inspire our staff and faculty, students, trainees and loved ones by inviting you to build a lifelong health and wellness plan. The goal is to optimize the number of years lived in good health, experiencing a life that supports being active and fulfilled throughout.</p> <p>Whatever your current fitness level, you have what it takes to participate in RYP and to commit to your health and wellbeing.</p> <p>Start now by registering to receive information and encouragement to:</p> <ul style="list-style-type: none"> ● Prioritize daily self-care practices ● Set personal goals and intentions for wellness ● Achieve goals through new practices with the latest information ● Bring family members, friends, and colleagues along with you ● Connect with empowering Mount Sinai resources
<p>Is this year’s Reach Your Peak similar to previous year’s steps challenges?</p>	<p>Yes. Like the prior years' Reach Your Peak (RYP) steps challenges, Step Into Health with RYP reinforces the benefits of setting, achieving, and sustaining personal health goals.</p> <p>With RYP, each participant is encouraged to form or join a walking team of Mount Sinai colleagues.</p> <p>Participants track daily steps and report weekly totals online at the end of each week clicking here. Reported total steps for each participant and team will be tabulated and displayed so that your progress can be tracked.</p>
<p>Do I have to be athletic to participate in RYP?</p>	<p>The only requirement for participating in RYP is that you are open to enhancing your wellness and motivating your colleagues and family members to do the same. You can take advantage of Mount Sinai Wellness Calm and Fit programs, walking and living mindfully, increasing the number of steps you take each day, managing your self-care habits, and enjoying delicious and</p>



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	nutritious foods that enhance your well-being and help you manage your weight and other markers of well-being.
How many steps do I have to take each day to join RYP?	There is no set number of steps. Each participant is encouraged to increase the number of steps taken each day. Based on RYP history, a popular target number is 10,000 steps a day, but each participant has an individual personal best. No pressure.
What other wellness services are available to me during my participation in RYP?	<p>During the 13-weeks of the 2026 RYP challenge (and throughout the year), we offer other wellness initiatives, such as personalized nutrition plans, diabetes care coaching, meditation, and new ways to increase well-being that we are exploring and introducing each year. Explore our Wellness website to learn more or email wellness@mountsinai.org for more information.</p> <p>For our faculty and employees participating in Mount Sinai’s UMR medical benefit plan and having a BMI of 25 or higher, we offer Personalized Nutrition and Wellness Coaching. This is a two-year personal nutrition care program – in which you are supported by a personal Mount Sinai Registered Dietitian who is also a Certified Diabetes Education and Care Specialist. Current employee participants are experiencing a reduction in weight, blood pressure and cholesterol levels while increasing activity levels.</p>
How long is RYP?	RYP 2026 is a 13-week steps challenge series that you are welcome to keep going year ‘round.
How do I get started with RYP – Enjoy the Challenge?	<p>Starting today you and your team members can register online for Step Into Health with Reach Your Peak 2026. Register on any device with internet access by scanning the QR code below or clicking here.</p> 
When does the Journey actually start?	<p>Monday, June 8, 2026 is the official start of the first week of RYP.</p> <p>This is the first day for you to begin counting your daily steps. It’s also a time to start considering your current wellness routine and how you wish to adopt new practices as you are tracking your daily step count.</p>
How many members can we have on our RYP team?	Your team can have as many members as you like.



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	<p>You may also choose to have one team member be the “captain.” Each of you is on a personal journey, and having a team captain may motivate you to report your progress each week.</p> <p>The role of the captain is to serve as a team leader and motivator. The captain may want to check in with their team members periodically during the week, encourage them to get their steps in, remind them to enter their total step count each week completed on the following Monday, and congratulate their team members for their commitment to the challenge.</p> <p>Actually, we encourage all team members to do the same for each other!</p>
<p>Is there a registration deadline for RYP – Enjoy the Challenge?</p>	<p>Registration for RYP 2026 will remain open throughout the 13-week series that starts Monday, June 8 and runs Sunday, September 6, 2026.</p>
<p>How can I count my steps?</p>	<p>There are several ways you can track your steps: using a personal activity tracker device like an Apple watch, mobile phone, or another step-tracking app of your choice. For a list of suggested tracking tools, visit the Reach Your Peak webpage.</p> <p>Each week you will receive an email sent to the Mount Sinai email address you provided when you registered for RYP. The email will include a link to the step-count leaderboard along with the wellness tip of the week.</p>
<p>Where do I report my steps, so they count for the RYP step challenge?</p>	<p>Report your weekly step count totals online here and select the Enter Steps action on the form.</p> <p>You may also want to keep a personal log or journal with your steps, your thoughts about the process, and your wellness practices. You might answer the question: What did I find most challenging this week; what kept me going? What am I most grateful for this week?</p>
<p>Why should I participate in the RYP?</p>	<p>By registering and participating in the Step into Your Health with RYP, you will be encouraged and receive information to help you establish or re-establish positive self-care practices to enhance your sense of well-being and overall health. Throughout RYP, you will learn about wellness practices like mindfulness, nutrition, sleep, and exercise.</p>
<p>What if I have questions about RYP?</p>	<p>If you have additional questions about RYP, your well-being, or other wellness services that are available to you, such as personal diabetes care coaching, nutrition coaching, smoking cessation, or having a self-care consultation session, please send an email to wellness@mountsinai.org, and we will respond to you.</p>