

CALM AND FIT NEWSLETTER SUMMER-TO-AUTUMN EDITION 2025

Supporting Lifelong Wellness and Inspiring Healthy Living

A Message from the Wellness Team

The Mount Sinai Calm and Fit Wellness Team is excited to celebrate the energy and dedication of our faculty and staff community in embracing healthier lifestyles. We are grateful that you are embracing our offerings: from the One Mount Sinai Steps Challenge – Reach Your Peak 2025 to innovative, personalized nutrition and wellness coaching programs, and to evidence-based mindfulness offerings, our mission is to make wellness accessible, motivating, and enjoyable for all.

Whether your goal is to begin a wellness and self-care practice or elevate your current one, our offerings are here to guide and uplift you. Here's a look at the energizing tips, seasonal insights, and fresh perspectives we're proud to share this season and next. We thank-you for embracing these offerings and elevating your health and wellbeing so that as One Mount Sinai we can serve as role models for each other, our patients, family members, friends, and community.



**Mount
Sinai**

Introducing Personal Nutrition Coaches: Kailey and Rachele

Rachele and Kailey are dedicated clinicians who are passionate about wellness. Combined, they have a 11 years of experience at Mount Sinai. Both have worked in inpatient and outpatient settings and share a commitment to helping Mount Sinai faculty and staff achieve lasting, healthy lifestyle changes.

Since launching the program in this spring, they have been educating and empowering Program participants to be proactive in achieving their nutrition and lifestyle goals, and they are proud to see meaningful progress taking shape just months into their personal wellness journeys. What follows is an interview with answers from Rachele and Kailey.



Kailey Ogilvie
RD CDCES

**Rachele
Paolucci RD**
CDCES





What is the Nutrition and Wellness Coaching program, and how does it work?

R&K: The Mount Sinai Health System's Nutrition and Wellness Coaching program is designed to support Mount Sinai employees and their eligible dependents—such as spouses or adult children—in achieving and maintaining a healthy weight and overall wellness. To qualify, participants must be enrolled in the Mount Sinai UMR insurance benefit and have a Body Mass Index, also referred to as BMI, of 25 or higher.

The Nutrition and Wellness Coaching Program offers faculty and staff personalized and long-term support over the course of one to two years, with regular check-ins at the two-week, one-month, two-month, three-month, six-month, nine-month, and 12-month point in their participation—and beyond. These check-ins help track progress, offer additional nutrition, exercise/movement, and other wellness offerings at Mount Sinai, update progress, and provide encouragement and motivation.

In addition to lifestyle and nutrition coaching, the program offers a connection to a pharmacy support component, as necessary. Overall, the program takes a comprehensive approach focused not just on weight loss, but on building sustainable habits for long-term health and well-being.



Can you share the feedback you have received so far from participants in the Nutrition and Wellness Coaching program?

We are seeing encouraging signs of success. Participants have shared positive feedback about the program's impact, with many reporting noticeable improvements in their health within just a few weeks or months. Beyond physical changes, we are hearing that the program is valuable to them—giving them a tangible sense of support and a structure that supports their accountability. We are seeing and we are hearing that participants are able to be more mindful of both their physical and mental well-being. Faculty and staff are sharing that they appreciate having a customized plan they can follow—one that is not restrictive but encourages nourishing foods that support brain health, stable blood sugars, satiety, and allows them to maintain moderation while enjoying the process.

What can participants look for in terms of results?

Participants can expect to see healthy, sustainable weight loss through lifestyle changes. We prioritize helping each individual reach their personal weight loss target in a way that feels supportive and realistic. Along the way, many participants also experience additional benefits like improved sleep, healthier eating habits, increased energy, and better overall mental well-being. Oftentimes, family members and loved ones experience improvements in their overall health as well!

What is general wellness advice for someone who might want to make a lifestyle change? What could first steps look like?



We would like to emphasize that one of the most helpful things you can do is to think about your overall life goals and then break them down into small, achievable steps. Making a lifestyle change—whether it's for weight loss, improved health, or overall wellness—can feel overwhelming at first. But by choosing just one specific thing to focus on, like drinking more water or walking a few extra minutes each day by taking a walk after dinner, for example, you start to build momentum. These changes add up over time and can make the journey feel more manageable and rewarding.

Summer (and Autumn) in the City: Your Guide to Wellness & Warm Weather Well-being

Scenic Walks to Explore

Take advantage of the sunshine and get your steps in at these beautiful New York City spots for walking:

- **Central Park Trails.** Shaded paths, ponds, and skyline views
- **The High Line.** Elevated greenery with urban art and river breezes
- **Riverside Park.** Peaceful views along the Hudson
- **The Brooklyn Bridge.** A classic sunrise or sunset walk
- **Hudson River Park.** Piers, playgrounds, and fitness stations

Fresh from our Seasonal Recipes Cookbook

Enjoy these light, delicious recipes to fuel your summer into fall.

- **Blueberry Avocado Smoothie.** Creamy, rich with antioxidants, and perfect for a quick breakfast
- **Mozzarella Tomato Salad.** A take on the classic Caprese
- **Avocado Egg Sandwich.** A satisfying, protein-packed start to your day

Looking for more summer meals? We've got smoothie ideas, hydrating dishes, and crisp salads to keep you nourished. Visit the Nutrition page on the Mount Sinai

Staying Safe and Energized in the Heat

Stay hydrated:

- Carry a reusable water bottle
- Eat water-rich fruits (like blueberries, cantaloupe, watermelon, oranges, cucumbers)
- Set hydration reminders on your phone
- Add refreshing flavors like lemon, mint, or cucumber to your water

Stay safe:

- Walk in the early morning to avoid direct sunlight
- Use sunscreen daily and reapply often
- Wear light, breathable clothing
- Cool down with a misting fan or cooling towel

Skin Care Essentials

- Apply broad-spectrum SPF 30+ sunscreen before going outside
- Reapply every 2 hours (or more often if sweating or swimming)
- Wear hats, sunglasses, and UPF clothing

Stay in the shade, when possible, especially during times when the UV is high



Team Spotlight: Wellness in Action

A heartfelt shoutout to Katrina Bravo, Christina Joseph, Isabella DelPlato, Max Zeiger, Jessica Li, Christine Pescatore, Liana Beausoleil, Ishael DeGuzman, and every other wellness ambassador supporting both inpatient and outpatient wellness rounding. Your dedication to engaging patients, promoting health, and bringing wellness directly into care settings has made a meaningful impact — thank you for your commitment and compassion.

Nursing Leader Shares Her Self-Care Rituals and Habits for a Happy, Fulfilling Life

With gratitude to Jill M. Goldstein, MA, MS, RN, Vice President, Chief Nursing Officer, Mount Sinai Queens for being a Mount Sinai wellness ambassador. We thank her for leading by example, generously sharing her personal experience and learnings. The interview was conducted for this article by Raquel De Soares, 2025 Summer Intern, the Mount Sinai Wellness Program.

Q: How do you approach your wellness practices in a way that works for you in your role at Mount Sinai Queens?

JMG: Joining Mount Sinai Queens has been such a rewarding role for me. I love this hospital. In terms of my wellness practices, I focus on what makes me feel good. I build physical activity into my routine in a way that does not feel overwhelming. It's about starting slowly and being mindful of what's realistic and accessible. This might mean finding affordable options, nearby walking routes, or adjusting plans when factors like severe weather make it harder to get outside. For me, physical activity isn't just movement—it opens the door to other healthy practices like improved nutrition, better sleep, increased hydration, and a noticeable boost in mood and mental well-being. Plus, it adds a valuable social element, turning exercise into a shared and motivating experience.

Q: What are your favorite activities that keep you motivated and fit?

JMG: I love playing pickleball. Also, I do strength training with weights two times per week. I bike to work and take the stairs whenever possible. I believe in finding activities that I enjoy and get good at, but also to have a variety of options since not everything is accessible every day. Flexibility is key—choosing what works best in the moment while always keeping safety in mind. To stay on track and make movement part of my daily routine, I use helpful tools like an Oura ring, Apple Watch, and an under-desk treadmill, which make it easier to monitor and increase my physical activity throughout the day.

Q: How do you deal with meal plans and food prep?

JMG: When it comes to meal planning and food prep, I set aside Sundays to thoughtfully plan meals for the week ahead. I prepare healthy and easy-to-make options—like wraps with lots of veggies and lean protein that are easy to grab and bring to work, making it more convenient to stay on track. Rather than restricting myself, I focus on balance, especially when it comes to carbs. I aim to avoid excess while still enjoying the foods I love. I focus on staying hydrated and keeping small, healthy snacks like fruit on hand throughout the day. My philosophy is simple: I eat what I want, and I don't think that denying myself is a good idea. Success comes from planning and balance, not strict rules, which supports both physical and mental well-being.

Q: Have you always been an active person?

JMG: I have always been an active person—growing up with three brothers, I spent my childhood playing sports and biking constantly. But as life got busier, my focus began to shift, and while I stayed active, it wasn't at the same level I was used to. It's completely normal to slow down, especially as our bodies change with age. It's important to listen to your body and prioritize personal safety. Just before the COVID pandemic, I went through a personally challenging time that caused me to lose sight of my physical and mental health for a while. Caring for others is great and that is my calling, but you have to make sure that you are in a good space for yourself. When the pandemic hit and life slowed down, I saw it as a chance to regain momentum and focus on my health. Mount Sinai's wellness initiatives, like the Reach Your Peak Steps Challenge, played a significant role in helping me reconnect with my goals. These opportunities not only support healthy living but also foster a keen sense of community—it makes for a happy team at work.

Q: What advice would you give others who are participating in the challenge?

JMG: My advice to anyone participating in the Step Challenge—or working on their overall wellness—is to find something you genuinely enjoy. Pick something you like to do, think of as fun, or want to try, and stick with it. Whether it's walking, dancing, or a new workout class, it's important that your wellness journey feels rewarding, not like a chore. If possible, surround yourself with positive people or a pleasant setting to create a positive environment. You may want to focus on something that encourages your learning. Most importantly, make time for both your physical and mental health, even if it's challenging. Enjoy what you do, whatever it is, because joy is what makes healthy habits stick.



Jill Goldstein
Deputy CNO
& VP



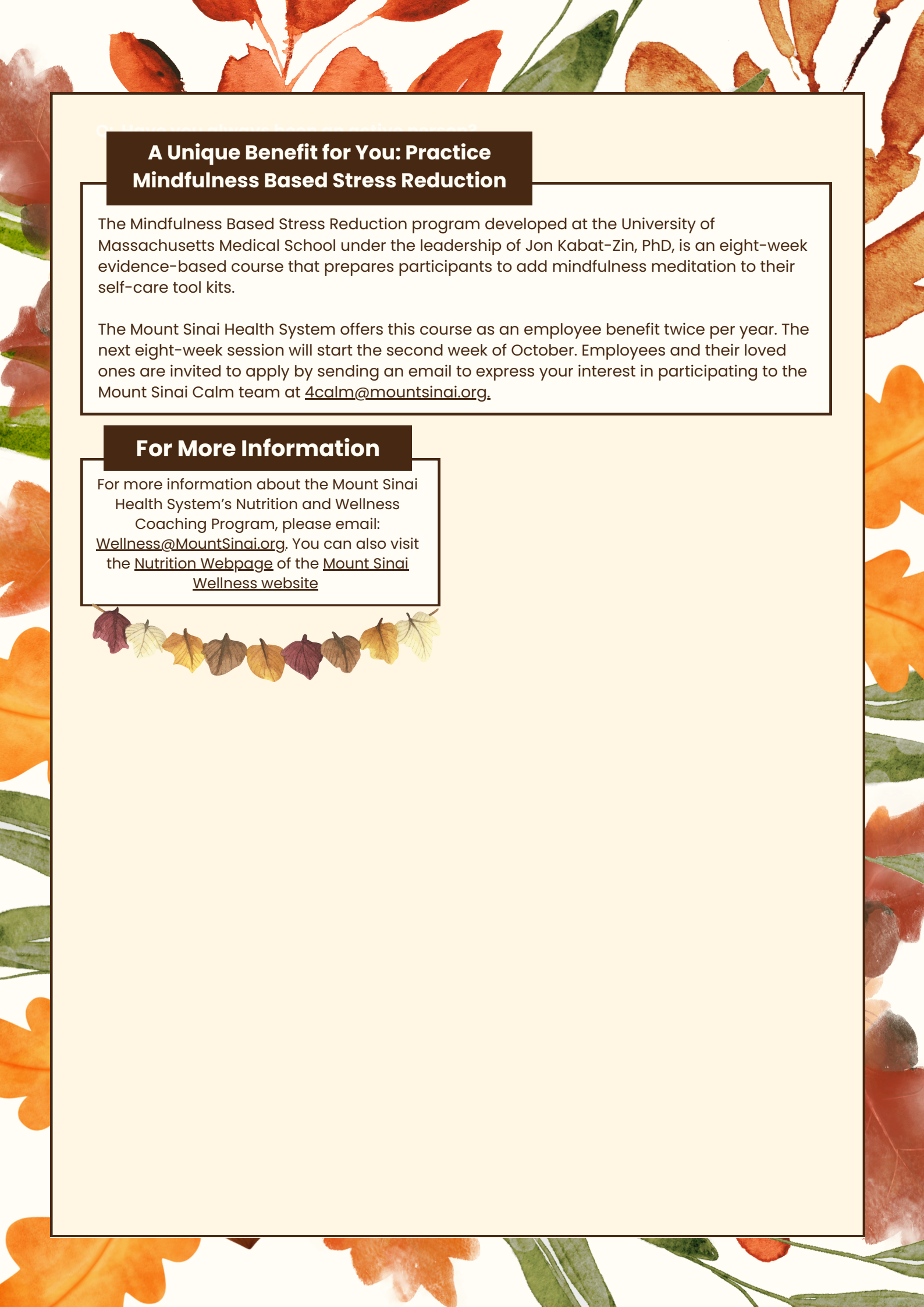
Q: How has our One Mount Sinai Steps Challenge – Reach Your Peak 2025 impacted your daily life?

JMG: The One Mount Sinai Steps Challenge – Reach Your Peak 2025 has had a positive impact on my daily life. I am part of a tightly knit team, the Queens Strollers. The One Mount Sinai Steps Challenge creates a powerful sense of community; no one wants to let the team down, which motivates everyone to get as many steps in as possible. The friendly competition among my colleagues adds an extra boost, turning step counts into a fun and energizing part of the workday. It's also become a wonderful way to manage stress and spark conversations, making wellness a shared goal in the workplace. Everyone collaborates, encourages one another, and pushes together toward better health.

Mindfulness and Inner Peace

Studies show that even a few minutes of mindfulness practice each day can reduce stress, improve concentration, and support emotional regulation. Jon Kabat-Zinn, PhD, defines mindfulness as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

Techniques such as deep breathing, meditation, or mindful walking allow individuals to reconnect with themselves in the present moment, fostering a greater sense of inner peace.



A Unique Benefit for You: Practice Mindfulness Based Stress Reduction

The Mindfulness Based Stress Reduction program developed at the University of Massachusetts Medical School under the leadership of Jon Kabat-Zin, PhD, is an eight-week evidence-based course that prepares participants to add mindfulness meditation to their self-care tool kits.

The Mount Sinai Health System offers this course as an employee benefit twice per year. The next eight-week session will start the second week of October. Employees and their loved ones are invited to apply by sending an email to express your interest in participating to the Mount Sinai Calm team at 4calm@mountsinai.org.

For More Information

For more information about the Mount Sinai Health System's Nutrition and Wellness Coaching Program, please email: Wellness@MountSinai.org. You can also visit the [Nutrition Webpage](#) of the [Mount Sinai Wellness website](#)

