



2019 REACH YOUR PEAK 3.0 WELLNESS WALKING CHALLENGE

Frequently Asked Questions

QUESTIONS	ANSWERS
What is the Reach Your Peak (RYP) Wellness Walking Challenge?	Reach Your Peak (RYP) is an energizing, fun, system-wide team-based wellness walking challenge designed to inspire you -- our staff and faculty -- to begin or continue a personal journey of wellbeing.
Why should I consider participating in RYP?	RYP reinforces the benefits of setting, achieving, and sustaining personal health goals. By focusing on movement/exercise, nutrition, and adoption of a balanced approach, you will be better able to manage life's daily stressors.
Do I have to be athletic to participate in Reach Your Peak?	The only requirement for participating in RYP is that you are enthusiastic about your wellness. Since RYP progress is measured by the number of steps taken, your ability to walk, even slowly, is required to compete. Increasing the number of steps you take enhances your well-being. However, if walking is not possible for you, you can participate in RYP by helping others to register and cheering them on.
How many steps do I have to take each day to compete in RYP?	There is no set number of steps. Each participant is encouraged to increase the number of steps taken each day. The target number based on RYP history is 10,000 steps a day. Each participant has his or her own personal best.
What other wellness services are available?	During RYP (and throughout the year), we offer many other wellness initiatives from personal nutrition coaching to meditation. Explore our Wellness website to learn more or email wellness@mountsinai.org for more information.
How long is RYP 3.0?	RYP 3.0 is a 12-week challenge that runs from June 3 to August 23 .
How do I get started with Reach Your Peak?	<p>May 20, 2019 is when you will be able to start the registration process for RYP 3.0. Registering is as easy as 1-2-3:</p> <ol style="list-style-type: none"> 1. You form a team, name your team, and choose a team captain 2. The team captain adds the team name on the Registration page 3. Team members register for the team on the Registration page <p>You start walking and counting your steps each day. At least once a week, you (or your captain) records your number of steps online</p> <p>For complete details about registering, refer to the Registration Instructions document on the Reach Your Peak website.</p>
When does RYP 3.0 actually start?	June 3, 2019 is the official start of RYP 3.0. This is the first day for you to start tracking your daily step count for recording in the RYP app.
How many participants can we have on our team?	Your team can have as many or as few members as you like. We recommend having between 6 and 12 members on each team. Your team's score is the total average number of steps each team member takes each day.



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What are the responsibilities of the team captain?	The team captain first registers the team's name on the Registration page as described in the Registration Instructions . The captain's role is to encourage each team member during the walking challenge and remind team members to enter their steps into the RYP 3.0 app each week.
Is there a registration deadline for Reach Your Peak?	Registration for RYP 3.0 will remain open throughout the challenge so that you can form a team and register at any time from May 20 up to August. Keep in mind that the formal challenge ends on August 23, and your team will need to record several weeks of steps in order to qualify.
How can I count my steps?	There are various ways to track your steps by using a personal activity tracker device or an app on your mobile phone. There are many choices. For a list of a few suggested tracking tools, visit the Reach Your Peak website .
Where do I record my steps so they count for the RYP competition?	Starting on June 3, you can login to RYP at www.ryp-wellness.appspot.com . Once you login, you will be directed to the Menu page. From the menu, select "Enter steps." There you enter your daily steps on the counter.
How many winners are there?	Each location will have a winning team that has recorded taking the most steps during the RYP challenge.
Is there a prize for the winner?	Yes. If your team's average number of steps taken each day is the highest among the teams at your location, your team will be a winning team. Each winning team will be treated to a celebratory dinner at Epicured's Test Kitchen in Soho.
Why should I participate in RYP?	By registering and participating in RYP, you are set up to develop new fitness habits. Throughout the challenge, you will learn more about wellness through nutrition and exercise tips, and you will have opportunities to share what you are doing through our RYP Instagram @mountsinai_fit account by sending us your photos and stories to wellness@mountsinai.org .
What if I have questions about Reach Your Peak?	If you have additional questions about RYP, your well-being, or other wellness services available to you, please send an email to wellness@mountsinai.org , and we will respond to you.