



One Mount Sinai Steps Challenge Reach Your Peak 2025

Frequently Asked Questions (FAQs)

QUESTIONS	ANSWERS
<p>What is the “One Mount Sinai Steps Challenge Reach Your Peak 2025”?</p>	<p>One Mount Sinai Steps Challenge Reach Your Peak (RYP) 2025 is the Mount Sinai Health System (MSHS) annual walking series designed to give you a lift during the summer months by supporting you in prioritizing your personal health and well-being. RYP is a fun and energizing System-wide wellness initiative sponsored by the Human Resources Department, supported by the Mount Sinai Calm, and Fit Wellness team.</p> <p>This year’s RYP theme “One Mount Sinai Steps Challenge” is inspired by and supports We Are One Mount Sinai</p> <p>Bringing positive energy to this steps challenge, we invite you to enjoy being “one singular sensation ... every little step you take” as sung in the song, “One” from the musical A Chorus Line.</p> <p>Through RYP, the Wellness team supported by the Human Resources Department intends to inspire you—our faculty, staff, students, and trainees—by inviting you to begin, continue, and reconsider the importance of self-care.</p> <p>The focus of RYP is to support you and your colleagues as you follow wellness practices to become the best version of you:</p> <ul style="list-style-type: none"> • Walking each day and counting your steps in order to focus on taking a few more steps each day • Prioritizing walking and other wellness practices so that they become daily self-care habits • Setting and achieving your own personal goals by being intentional about your wellness • Connecting with your colleagues and friends to experience a sense of community walking in step as One Mount Sinai to empower each other in enhancing your individual and collective well-being
<p>Is this year’s Reach Your Peak similar to previous RYP steps challenges?</p>	<p>Yes. Like the prior years’ RYP walking challenges, the One Mount Sinai Steps Challenge - Reach Your Peak 2025 series reinforces the benefits of setting, achieving, and sustaining personal and shared health goals.</p> <p>With RYP, participants are encouraged to form walking teams with their colleagues at their assigned work location. While solo participants are welcome, forming teams is highly encouraged for the true One Mount Sinai Steps Challenge RYP experience!</p> <p>Register for RYP 2025. RYP week step counting starts each Monday and runs through Sunday for a full seven (7) days. Add up your steps for the seven days of the week. RYP participants are asked to report each week’s steps online by Monday 5 pm. Data will be recorded and shared with participants on an online leaderboard.</p> <p>As a participant, you will receive a weekly email message from the RYP team. Read your email for motivation, wellness tips, and links to where to report your steps, the leaderboards (organized by location) and highlighting team and individual step counts so you can track your progress.</p>
<p>Do I have to be ‘athletic’ to</p>	<p>The only requirement for participating in RYP is that you are able to walk at whatever pace is comfortable for you and to be willing to support your colleagues and family</p>



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participate in RYP?	members to do the same. You can take advantage of Mount Sinai Wellness Calm and Fit programs, setting personal well-being goals, walking, and living mindfully, and enjoying delicious and nutritious food that enhance your well-being.
How many steps do I have to take each day to participate in RYP?	There is no set number of steps that you are required to take. RYP is about your personal best, and we encourage you to enjoy the experience of increasing the number of steps you take each day if that is an option for you. Historically, RYP has targeted 10,000 steps a day as a goal, but there is no pressure for you to take that number or any other number of steps. We've seen how RYP teams enjoy competing and cheering each other on to take more steps. Be mindful of what works best for you. RYP is voluntary, personal, and designed to be a positive, fun, experience designed to support your well-being.
What other wellness services are available to me during my participation in RYP?	<p>During the 14-week steps challenge RYP offers you direct access to our Wellness initiatives. You will learn something new in the weekly RYP emails sent to participants. Discover or rediscover our many offerings, such as personalized nutrition guidance available to UMR health plan members; recipes, diabetes care coaching, weight management tools, meditation pauses, along with yoga and other workout videos available for streaming by all.</p> <p>Explore our <u>Wellness website</u> for Mount Sinai faculty, staff, and students to learn more or email wellness@mountsinai.org for more information about our Mount Sinai Fit offerings and 4calm@mountsina.org for our Mount Sinai Calm offerings.</p>
How long is RYP?	One Mount Sinai Steps Challenge RYP 2025 runs for 14 weeks. Register online, and start counting your steps beginning Monday, May 26. The last week of RYP 2025 is Monday, August 25 through Labor Day weekend, Sunday, August 31.
How do I “Say Yes” to officially getting started with RYP 2025?	<ol style="list-style-type: none"> 1. <u>Register</u> today using the Registration option on the 3-part form. 2. Start walking and tracking your steps on Monday, May 26, the first official start day of RYP 2025. 3. Add your <u>team</u> information: team name and team captain's name (once you know it) using the Team Information option on the 3-part form. 4. <u>Report</u> your steps each Monday for the previous week, starting Monday, June 2 by 5 pm using the Step Reporting option of the 3-part form. <p>It's easy! You and your team members experience the camaraderie of participating in the One Mount Sinai Steps Challenge by registering online for RYP 2025 on any device with internet access using <u>this link</u> or by copying and pasting this URL <u>https://forms.office.com/r/bLVc16b5Fa</u> into a web browser. You can also use the camera on your mobile phone to scan the QR code below to access the form.</p>



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	 <p>Follow the instructions in the online registration form, scrolling down to fill in all the requested information.</p>
When does RYP actually start?	<p>Monday, May 26, 2025 (Memorial Day) is the official start of RYP. Along with your new walking routine, we also invite you to adopt a new self-care practice that will open you to new opportunities for enhancing your well-being.</p> <p><i>NOTE: You can join RYP at any time during the 14-week period. It's never too late to start!</i></p>
How many participants are on a RYP team, and what is the role of the team captain?	<p>Your team can have as many members as you like.</p> <p>The team captain serves as a team leader and motivator, checking in with the team members periodically. The captain reminds the team to report their individual total step count at the end of each RYP week on the following Monday by 5 pm to ensure that the leaderboard is a real time view of steps by individual, team, and location.</p> <p>Whether you choose to be the team captain, or a team member, each RYP participant is on a personal journey.</p>
Is there a registration deadline for RYP?	<p>You can join the One Mount Sinai Steps Challenge any time throughout the 14 weeks of RYP that starts Monday, May 26 on Memorial Day and runs through Sunday, August 31, 2025, of Labor Day weekend.</p> <p>It's never too late to participate in One Mount Sinai.</p>
How can I count my steps?	<p>There are several ways to track your steps by using a personal activity tracker device or an app on your mobile phone. For a list of a few suggested tracking tools, visit the Reach Your Peak webpage.</p> <p>In order to be included on the weekly leaderboards when they are first posted and to see your totals leaderboard each week, you will need to not only track your steps, but you will also need to report your steps for each week online, using the Reporting Steps option of the 3-part form.</p> <p><i>You may want to keep a personal log or journal of your steps counts and other self-care practices you are adopting.</i></p>



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<p>Where do I record my steps, so they count for the RYP step competition?</p>	<p>Report your steps for the previous week each Monday by 5 pm, starting Monday, June 2 on the internet using <u>this link</u> and select the Report Steps option of the form. You can also use the camera on your mobile phone to scan the QR code that also opens the RYP step reporting form.</p> <div data-bbox="423 394 683 653" data-label="Image"> </div> <p>Mark your calendar to alert you to report your steps each Monday by 5 pm for the previous week's seven days, Monday through Sunday.</p> <p><i>You may also want to keep your own personal log of steps taken to compare with the official leaderboard.</i></p>
<p>Why should I participate in RYP?</p>	<p>By participating in RYP, you are setting yourself up to focus consistently on your well-being and benefitting from the encouragement of your colleagues and teammates.</p> <p>In addition, Mount Sinai's Steps Challenge team will send you weekly emails throughout RYP providing links to leaderboards and information designed to engage you in positive self-care practices.</p>
<p>What if I have move questions about RYP or other wellness offerings?</p>	<p>If you have any questions about RYP or other Mount Sinai Calm & Fit Wellness offerings available to you, such as personal diabetes care coaching, nutrition coaching including weight management, and smoking cessation, please email <u>wellness@mountsinai.org</u> or <u>4Calm@mountsinai.org</u>.</p>