



2022 REACH YOUR PEAK – ENJOY THE CHALLENGE!

Frequently Asked Questions

QUESTIONS	ANSWERS
<p>What is the Reach Your Peak – Enjoy the Challenge?</p>	<p>The 2022 Reach Your Peak (RYP) – Enjoy the Challenge was designed to lift you up during the summer months and support prioritizing your personal health and well-being. RYP offers an energizing, fun, system-wide personal and team-based wellness initiative supported by the Mount Sinai Wellness Calm and Fit teams.</p> <p>We hope to inspire you—our staff and faculty, students and trainees—by inviting you to begin, continue, and reconsider the importance of self-care for your own well-being.</p> <p>The focus of RYP is to support you by:</p> <ul style="list-style-type: none"> • Evaluating your current state of wellness • Reawakening a desire to practice self-care • Prioritizing a daily self-care practice • Setting personal goals and intentions for wellness • Discovering Mount Sinai Health System Wellness resources to create a wellness practice • Achieving personal goals through new practices and information • Connecting with our Health System community as an empowering resource
<p>Is this year’s Reach Your Peak similar to previous year’s steps challenges?</p>	<p>Like the Reach Your Peak (RYP) walking challenge of prior years, the 2022 RYP – Enjoy the Challenge reinforces the benefits of setting, achieving, and sustaining personal health goals. By focusing on movement/exercise, nutrition, and adoption of a balanced approach to living, you will be better equipped to manage life’s daily stressors and experience the benefits of improved health. With RYP, each participant may join on their own or create or joins a walking team. All participants (solo and team members) and track the number of steps they take each day and report those steps on their RYP registration/reporting form online.</p> <p>For the RYP – Enjoy the Challenge walking component, we will tabulate the reported average steps, share their progress, and acknowledge all individuals and teams who are participating.</p> <p>In addition, RYP – Enjoy the Challenge promotes well-being through a variety of Wellness offerings during three-month or six-month segments of the series.</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 revisiting and enhancing your wellness and perhaps inspiring your colleagues and family members to do the same. You may do that by taking advantage of Mount Sinai Wellness Calm and Fit programs, walking and living mindfully, increasing the number of steps you take each day, not smoking, managing your diabetes, and enjoying delicious and nutritious foods that enhance your well-being.</p>
<p>How many steps do I have to take each day to join RYP?</p>	<p>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, but each participant has their own personal best. No pressure!</p>



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<p>What other wellness services are available to me during my participation in RYP?</p>	<p>During the three- and six-months of RYP (and throughout the year), we offer many other wellness initiatives from personal nutrition and diabetes care coaching to meditation and our new 10 minutes to wellness series. Explore our Wellness website to learn more or email wellness@mountsinai.org for more information.</p>
<p>How long is RYP?</p>	<p>The RYP starts with an initial three-month challenge that you are welcome to extend to a total of six months.</p>
<p>How do I get started with RYP – Enjoy the Challenge?</p>	<p>Starting Monday, June 27, 2022, you and your team members will be able to register online for RYP – Enjoy the Challenge. You may register on any device with internet access, even your phone using its camera and the QR code below.</p> <p>If you have a Mount Sinai email address, log in using your Mount Sinai address and password using this Mount Sinai link to register and later start reporting your steps each week.</p> <p><i>NOTE: If you do not have a MSHS email address, but have a MS South Nassau email address, for example, you can use the MSSN-Other link to register and later start reporting your steps each week.</i></p> <p>When registering, if you are working remotely, please add the location / campus / physician practice where you were hired to work.</p>
<p>When does the Journey actually start?</p>	<p>Monday, June 27, 2022 is the official start of RYP. This is the first day for you to start by registering and counting your daily steps. It’s also a time to start considering how you wish to adopt self-care practices, in addition to tracking your daily step count.</p>
<p>How many participants can we have on our RYP team?</p>	<p>Your team can have as many or as few members as you like.</p> <p>You may also choose to have one member of your team 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 checks in with their team members periodically during the week, encourages them to get their steps in, reminds employees to enter their total step count in for the previous week each Monday with the previous Mondays date, and congratulates their team members for their commitment to the challenge.</p>
<p>Is there a registration deadline for RYP – Enjoy the Challenge?</p>	<p>Registration for the RYP – Enjoy the Challenge will remain open throughout the journey starting on June 27 through September 18, 2022 for the initial three-month challenge. You may continue for the next three months from September 19, 2022 to December 11, 2022 if you choose to do so by continuing to report your weekly steps.</p>
<p>How can I count my steps?</p>	<p>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 RYP webpage.</p> <p>Each week we will send out a leader board that includes the participating teams and individual participants by location and their average weekly step</p>



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	<p>count. The team with the highest daily weekly step count from each hospital campus, corporate office and physician practices will be receive a healthy appetizer box sponsored by Epicured at the end of the series.</p>
<p>Where do I record my steps so they count for the RYP step competition?</p>	<p>Record your steps online:</p> <p>If you have a Mount Sinai email address, log in using your Mount Sinai address and password with this Mount Sinai link to report your steps each Monday for the previous week (Monday through Sunday).</p> <p><i>NOTE: If you do not have a MSHS email address but have a MS South Nassau email address, for example, use the MSSN-Other link to report your steps each Monday for the previous week (Monday through Sunday).</i></p> <p>You may also want to keep your own personal log of steps taken and other wellness practices adopted.</p>
<p>Why should I participate in the RYP – Enjoy the Challenge?</p>	<p>By registering and participating in the RYP – Enjoy the Challenge, 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, and exercise.</p>
<p>What if I have questions about the RYP?</p>	<p>If you have additional questions about Reach Your Peak – Enjoy the Challenge, 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>