



## 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 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 is always a good way to enhance 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 <a href="#">Wellness website</a> to learn more or email <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a> for more information.
How long is RYP 3.0?	RYP 3.0 is a <b>12-week</b> challenge that runs from <b>June 3 to August 23</b> .
How do I get started with Reach Your Peak?	<p><b>May 20, 2019</b> 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"> <li>1. You form a team, create name for your team, and choose a team captain</li> <li>2. The team captain adds the team name on the <a href="#">Registration page</a></li> <li>3. Team members register for the team on the <a href="#">Registration page</a></li> </ol> <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. (Link provided)</p>
When does RYP 3.0 actually start?	<b>June 3, 2019</b> 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 six and twelve members on each team. Your team's score is the total average daily number of steps each team member takes each days.



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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 document. The captain encourages each team member during the walking challenge and reminds them 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 <a href="#">Reach Your Peak website</a> .
Where do I record my steps so they count for the RYP competition?	Using <b>Google Chrome</b> web browser, go to the RYP <a href="http://www.ryp-wellness.appspot.com">www.ryp-wellness.appspot.com</a> starting on June 3. You simply login on the Registration page, and you will be directed to a 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 <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a> .
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 email <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a> , and we will respond to you.

# Reach Your Peak 3.0 Registration Instructions

Welcome to RYP 3.0! The Wellness Walking Challenge begins on Monday June 3, 2019 and finishes on August 23, 2019. You may **register at any time** during the RYP 3.0 challenge.

In this document, you will find instructions on the getting started.

Part 1. Register

Part 2. Captains Form a Team

Part 3. Team Members Join a Team

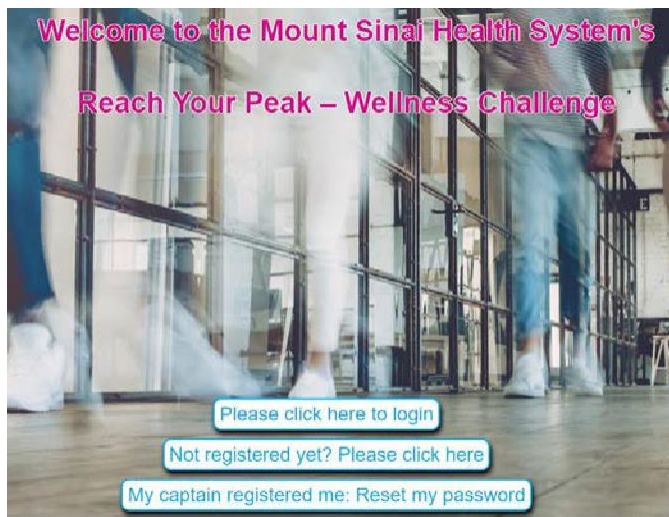
Part 4. Enter Steps

Part 5. Share the Fun & Get Fit

## Part 1. Register

The Registration/Login page is at:

<https://ryp-wellness.appspot.com/landing.html?page=login> and looks like this:

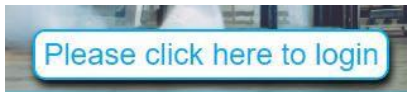


The first time you come to this page to create you RYP account, click on this button.



Then follow these instructions:

1. Enter your name, email address, and select your MSHS location from the drop down list, then click the “Register” button
2. You will receive an email within a few minutes from [donotreply@mountsinai.org](mailto:donotreply@mountsinai.org). *NOTE: please also check your junk/spam mail folder for this email.*
3. This email will have a link to click on to set up (or change) your password.
4. Click the link in the email to set up your password.
5. Create a password for your RYP account.
6. Your password will be saved and you will be redirected to the Registration/Login page.
7. You can now Login to RYP 3.0 by clicking on the “Please click here to login” button,

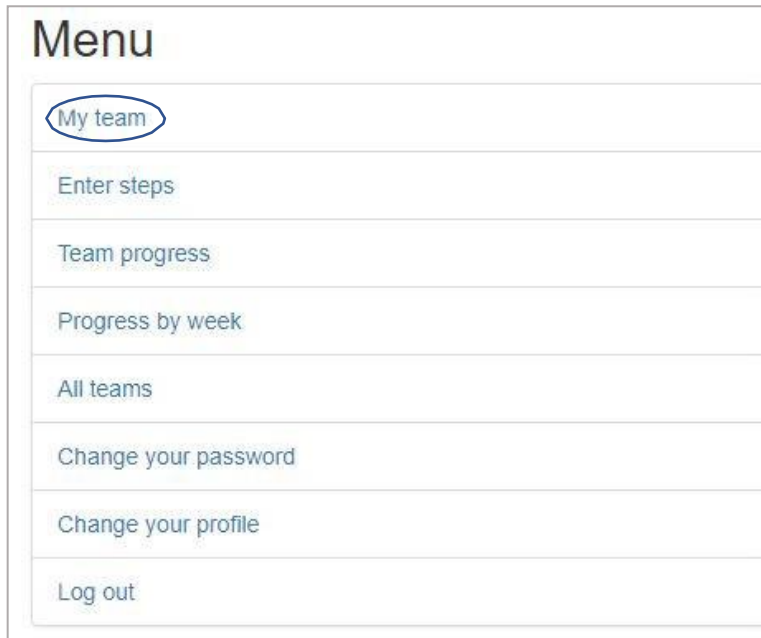


*NOTE: If you ever get a password error message, simply provide your email address and*



*You will be sent an email with a link that you can use to create a new password*

8. When you login successfully, you will be directed to the Menu page at <https://ryp-wellness.appspot.com/landing.html?page=login>



9. Click “My team.”

*NOTE: Your team name will only appear on the list once your team captain adds it.*

*Team captains: see Part 2. Captains Start a Team*

*Team members: see Part 3. Team Members Join a Team*

## **Part 2. Captains Start a Team**

Captains, once you register and successfully login, you will be on the Menu page. Here you can join or start a team by selecting “My team.”

If you are the team captain, select “Start a team” and follow these directions.

Captains “Start a team” on the “My team” page.

Start a team (You will be the captain)

Enter team name

Type in name of your team

Pick a location:

Select an event to join

Create a team

1. “Enter team name”
2. “Pick a location” from the dropdown list
3. “Select an event to join” from the dropdown, and choose “RYP 3.0”
4. Click on “Create a team”

You can add your team members’ names and email addresses. Team members can also add themselves to your team.

Notify your team members that the team is now set up and ready to go.

### Part 3. Team Members Join a Team

To join a team, go to the My Team page that you select from the Menu page once you successfully login. At the top of the page, you will see:

Join a team (Please contact the captain first!)

Join a team

Please select a team ....

Join this team

1. In the “Please select a team” box, find your team name in the drop down list
2. Click on team name
3. Click on the “Join this team” button
4. You can add your name and email address to your team

*NOTE: If you do not see your team’s name in the dropdown box, your team captain has not yet registered the team. Contact your team captain.*

## Part 4. Enter Steps

Once you are registered and officially part of a team, starting on June 3, please return to the Menu page at:

<https://ryp-wellness.appspot.com/landing.html?page=login> to “Enter steps.”

On the Menu page, you will be able to see and select the following:

- **My team** – you can see your team members’ names.
- **Enter steps** – use the digital counter on the page to enter the number of steps you took each day. Be sure to use Google Chrome to ensure that your step count is saved in the RYP App.

*NOTE: you do not need to enter steps at the end of each day. However, we kindly ask that you enter your steps for the previous week by each Monday. For example, on June 10, enter the steps you took for the week of June 3.*

- **Team progress** – you can view your other team members’ steps.
- **Progress by week** – team progress is calculated on a weekly basis.
- **All teams** – lists teams’ names with locations and team captains.
- **Change password** – to help you manage your password setting.

*NOTE: Each time you change your password, you receive an email from “donotreply” with a link to create a new password.*

- **Change your profile** – update your RYP account
- **Log out**

To return to this Menu page after each activity, select “Back to menu” button

Back to menu

At any time, if you have questions or concerns, you can email [wellness@mountsinai.org](mailto:wellness@mountsinai.org).

## **Part 5. Share the Fun & Get Fit**

Have fun walking, counting and entering your step count, and being part of your RYP team.

### **Instagram:**

- Be sure to follow RYP on Instagram @mountsinai\_fit. We will be posting special RYP exercise and nutrition tip videos to help strengthen and fuel you for walking.
- As you walk, take photos of the places you go, the people you see, and your walking partners. Document your accomplishments and inspire others to reach their peak. To post your photos, send them to [wellness@mountsinai.org](mailto:wellness@mountsinai.org) or tag us on Instagram @mountsinai\_fit.

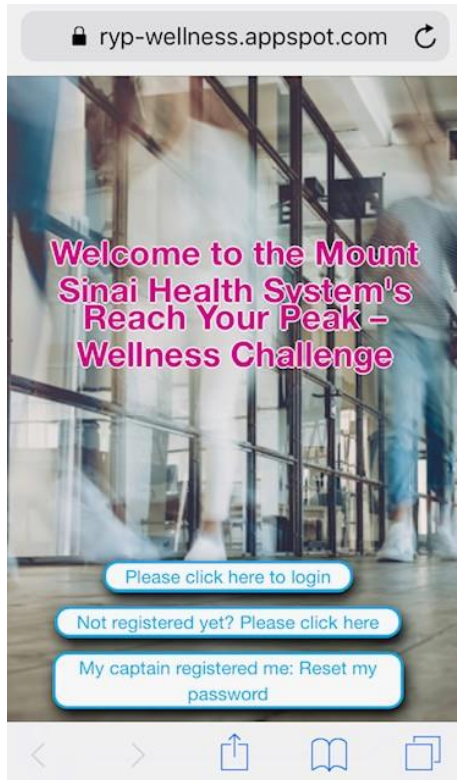
### **RYP Website:**

Regularly check the RYP website at <http://www.mountsinai.org/reachyourpeak> for tips and updates about the [Mount Sinai Reach Your Peak](#) challenge.

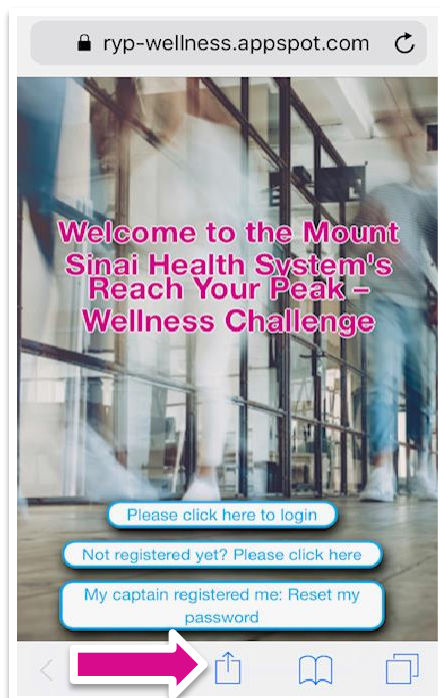


# Adding RYP Website Shortcut on Your iPhone

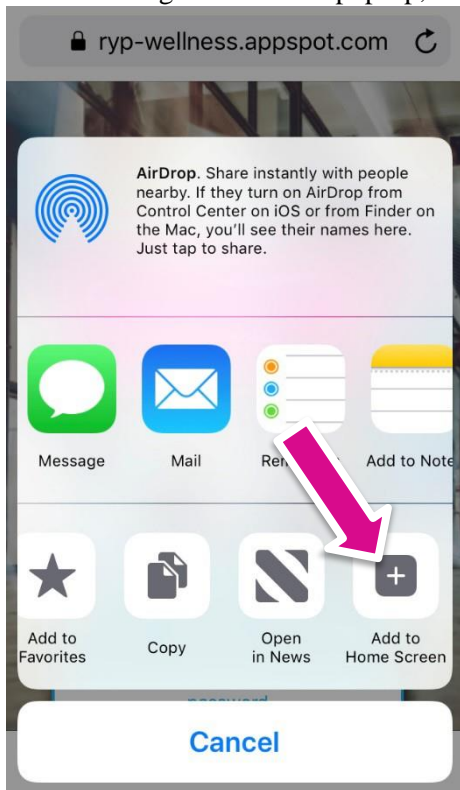
1. Access the Reach Your Peak website on your phone at [www.ryp-wellness.appspot.com](http://www.ryp-wellness.appspot.com) or from the Mountsinai.org/ReachYourPeak homepage.



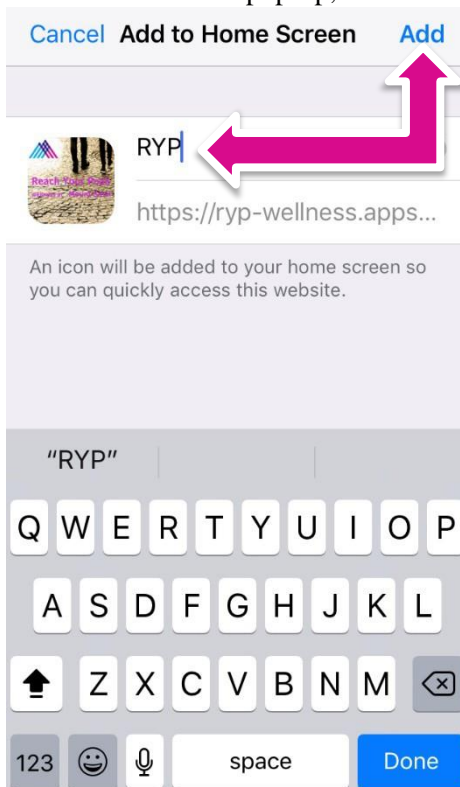
2. Click the highlighted arrow icon (see arrow)



3. The following window will pop-up, scroll and click **Add to Home Screen**.



4. A new window will pop-up, enter a name for the shortcut, then click **Add**.



5. The shortcut will appear as an app icon on your home screen.

