Mount Sinai

Reach Your Peak

WALK 10,000 STEPS PER DAY

DRINK PLENTY OF WATER

A starchy vegetable or whole grain

Protein

Non-Starchy Carbohydrates

EAT HEALTHY MEALS

GET PLENTY OF SLEEP

zZZ

SIT DOWN TO A HEALTHY MEAL WITH FAMILY, FRIENDS OR COLLEAGUES

DO A GOOD DEED - INSPIRE A COLLEAGUE TO START A WELLNESS PRACTICE