

# Four Easy Steps Toward Healthy Living

Enjoy These Wellness Tips  
From Our Mount Sinai  
Calm & Fit Wellness Team

| **WE FIND A WAY**



# STEP 1 MOVEMENT/EXERCISE



**Walking** is one of the most natural ways to add exercise to your day. By walking with intention, you notice just how much you exercise already. By walking to work or skipping the elevator, you will increase your daily steps. One way to focus on walking more is by tracking your daily steps. While some of us aim to take 10,000 a day, your goal may be less or even more. This is the time of year when you want to enjoy being outside, you might invite others to join you for a walk around the reservoir in

Central Park to appreciate the full trees, or strolling along the High Line with its natural grasses, the West Side Highway for its Hudson River views, or venturing across the Brooklyn Bridge. Why not aim for 30 minutes during the day and 30 minutes in the evening, and build in a destination like a restaurant or a museum?

## Not sure you have the time?

During the workweek, you may find it may not be as easy to get in a full 30 minutes at a time, so you might break up your exercise into 5-to-10 minute “mini” walks. It does add up as you pay attention to walking to and from the subway or grocery store, and then add in a couple of 10-minute walks around the block during a break, and another 10-minute walk in the evening after dinner. You usually have more time to take longer walks on the weekends.



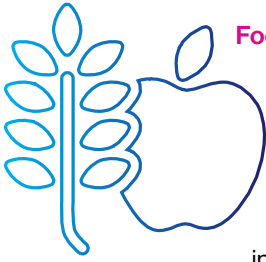
### Free Yoga or Pilates Classes

Free yoga or Pilates classes are available via Zoom, courtesy of Mount Sinai Calm, for employees and your loved ones. For details, and to register, please email [4Calm@mountsinai.org](mailto:4Calm@mountsinai.org). You can also view a calendar of live virtual classes, as well as videos, to start and enhance your yoga practice on the [Calm](#) page of the [Mount Sinai Wellness website](#).

### Steps Challenge

Form a team and sign up for the 2023 **“Reach Your Peak” (RYP) Walking on Sunshine** steps challenge. Walking with others and recording our steps on a weekly basis helps us feel accountable, and inspires us to follow through. It is one of our favorite ways to stay motivated. Please go to the [Reach Your Peak webpage](#) for more information.

## STEP 2 NUTRITION



**Food** is an integral part of our culture and our social lives. Here's a new way to think about food: *Think nutrients rather than just calories.* When your focus is solely on calorie intake, calorie restriction or following a fad diet, you can lose the true value and pleasure of what you eat. The goal is to eat a balanced heart healthy meal plan incorporating lean protein, complex carbohydrates, and fiber from fruits and vegetables.

### Steps to build a plant-based diet.

Build your food choices around delicious and nutritious plant-based foods. Plants can actually be a great source of protein. The key to plant protein is eating a variety of sources: nuts, beans, seeds, and vegetables that are rich in amino acids. A delightful and easy way to add plant-based foods to your meals is to “paint” your plate with the colors of the rainbow through a palette of vegetables and fruits. During the spring and summer you can more easily bring the rainbow to your table with peppers and strawberries (**red**), apricots and carrots (**orange**), summer squash and pineapple (**yellow**), zucchini and artichokes (**green**), blueberries and heirloom potatoes (**blue**), raspberries and eggplant (**indigo**), grapes and purple cauliflower (**violet**). Consider eating local seasonal fruits and vegetables during the summer. The nutrients are at their peak, and the food is tastiest when it is fresh.



### Add lean protein and healthy fats to your eating plan.

By adding omega-3 fatty acids, such as salmon, walnuts, chia seeds, flax and hemp seeds, you are able to nourish your nervous system and protect your heart. While foods containing omega-3 fatty acids have health benefits, some, like oils and nuts, can be high in calories, so eat them in moderation.

### Add water to your daily eating plan.

Finally, a general guide is to have eight six-to-eight ounce glasses of water per day. Water, sparkling water or club soda are the best options. Try squeezing in some lemon or lime to add a little zing without additional calories or sugar. Limit fruit juice, which might taste refreshing but is often loaded with sugar. Choose non-sugary beverages and limit caffeine. continues >

## STEP **2** NUTRITION cont.

Here's a sample of what a day's meals and snacks might look like for us...

- **WAKE UP:** Wake up your body with a glass of water.
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- **BREAKFAST**

**Option One: Overnight Oats with Nuts and Berries**

Enjoy our recipe “**Overnight Oats with Nuts and Berries,**” which you can prepare the night before.



- > In an eight-ounce mason jar, combine  $\frac{1}{3}$  cup each of oats, almond milk, and yogurt or kefir, two tablespoons of chia seeds, and one teaspoon of cinnamon. Place the lid on the jar and shake to combine. Add  $\frac{1}{4}$  cup of raspberries or strawberries and three tablespoons of chopped walnuts or sliced almonds. Replace lid and refrigerate overnight for at least eight hours.

**Option Two: Egg White Omelet**

- > Use the egg whites of two eggs and heat them undisturbed in a pan with one tablespoon of olive oil. Allow to cook for two-to-three minutes. Turn over with a spatula, and add spinach, a teaspoon of parmesan cheese, or eat plain.
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- **MID-MORNING**

Brew a cup of caffeine-free tea, or have a glass of seltzer or water with a twist of lemon.

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- **LUNCH**

Make our “**Blueberry Spinach Salad**” recipe, which is refreshing and satisfying any day, and especially during the summer, when there is a no better time to enjoy fresh, local blueberries in this antioxidant-rich recipe.

- > For the dressing, whisk together the following ingredients:  $\frac{1}{4}$  cup of olive oil, two tablespoons of balsamic vinegar, two tablespoons of low-sugar blueberry preserves (homemade or store-bought), one tablespoon of mustard, and salt and pepper to taste. Mix until emulsified (fully combined and smooth). In a large bowl, combine 16 ounces of fresh spinach leaves, six ounces of fresh blueberries, one cup of pecan halves,  $\frac{1}{4}$  cup of sunflower seeds, and  $\frac{1}{2}$  cup of blue cheese or goat cheese crumbles. Add the vinaigrette into the large bowl of greens mixture and toss until evenly coated.

## • AFTERNOON BREAK

Have a light, refreshing afternoon snack of celery, cucumber, an apple, or a plain Greek yogurt. Don't forget your water, which can be a bubbly seltzer or a hot or ice tea with lemon.



## • DINNER

Enjoy a simple sheet-pan dinner.

- > Start with preheating the oven at 450 degrees and placing parchment paper on a cookie sheet. Halve a handful of cherry tomatoes and baby gold potatoes, place into a bowl, and add 1½ tablespoons of olive oil to the vegetables to coat. Brush some oil on top of a piece of salmon, and add a pinch of salt and pepper to taste. Place the vegetables and salmon on top of the parchment paper, roast for 30 minutes, then remove the tomatoes, and continue to cook the salmon and potatoes for another 10 minutes.

If you have access to a grill, you can try one of our favorite plant-based recipes of grilled halloumi cheese and vegetables.

- > Preheat the grill and brush the grates with oil. Brush the halloumi and vegetables with a small amount of olive oil, and sprinkle with salt and pepper to taste. Arrange vegetables—eggplant, zucchini, radicchio, for example—on the heated grill along with the halloumi cheese slices, and cover. Cook for 8-10 minutes, turning over midway through grill time. The radicchio or other leafy vegetable will finish first, and should be removed and set aside. Prepare the dressing by combining honey, herbs, lemon zest, garlic, salt and pepper to taste, in a salad bowl, and mix in a little bit of olive oil. Remove the vegetables and cheese from the grill and place on a cutting board to slice into one-to-two inch chunks. Add cut up pieces to the bowl with the dressing. Toss gently and serve!

## • BEDTIME

Relax with a cup of warm herbal tea. Also, it's always a good time to have a glass of water.



To access our **Diabetes Care Team** and information on building a healthy nutrition plan, email us at [wellness@mountsinai.org](mailto:wellness@mountsinai.org) or visit the [Mount Sinai Wellness website](#).

## STEP **3** MEDITATION

**Mindfulness** is an ideal way to reduce stress as part of a daily wellness practice. Meditation often starts with setting an intention to experience mindfulness. Even if you've never tried to meditate before, Mount Sinai Calm offers guided meditation to help you incorporate a sense of calm to your day. Guided meditation can make a surprisingly positive difference. By taking just two minutes to call **(212) 241-CALM**, listen to a guided mindfulness meditation exercise on your phone any time of the day or night as recorded by your mindfulness teacher, Archimedes Bibiano. When your schedule allows, join the Mount Sinai Calm Mindfulness midday lunchtimes known as "Pause," held each Monday through Friday. For specific days and times of these daily pauses, simply email **4Calm@mountsinai.org**.

Combining nutrition and meditation, you can enjoy mindful dining by following our suggestion that you take a few minutes before each meal to add mindfulness to your menu by thoughtfully plating your food, sitting down in a chair away from your computer, and playing some music to set the mood. Before you start eating, take three deep breaths in with three slow breaths out. Inhaling and exhaling rhythmically and slowly before a meal helps bring a relaxing break to your day as you enjoy your own company or the company of others while dining. We also encourage slowing down and chewing thoroughly to fully experience the flavors and colors of your food, to appreciate the source in a unique way. When we dine with others, only when everyone is fully ready do we start eating.



## STEP 4 SLEEP

**ZZZZs** are great, and you will find that getting up to seven-to-eight hours of sleep will leave you refreshed and ready for a new, full day. Use “SAFE” as a best practice to help you get the most restful sleep.



**S-A-F-E** stands for:

- **S**hades down
- **A**verage of eight hours
- **F**ewer electronics before bed
- **E**liminate caffeine after 6 pm to facilitate sleep

**Sleep tight with SAFE: ZZZZZZ ...**



### Beyond the Four Steps: Other Ways We Support Your Wellness

Your well-being matters to us. Discover the many ways we are here for you on our [Mount Sinai Wellness website](#). It is full of offerings designed for members of the Mount Sinai community like you and your loved ones.

- If you have a diagnosis of diabetes and are covered by Mount Sinai’s UMR health insurance, you are invited to participate in the **Diabetes Care Program**. If you are not covered by UMR insurance, you are welcome to participate in the related **Diabetes Alliance**. Both programs offer the coordinated care of a physician, pharmacist, and nutritionist to help manage your condition and enhance your overall well-being. Learn about how our diabetes programs work on the [Living With Diabetes webpage](#) or email us at [wellness@mountsinai.org](mailto:wellness@mountsinai.org).
- [Mount Sinai Calm for Self Care and Stress Reduction](#)
- [Center for Stress Resilience and Personal Growth](#)