



# Say Yes! Reach Your Peak 2024

## Frequently Asked Questions (FAQs)

| QUESTIONS  | ANSWERS  |
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| <p><b>What is Say Yes! Reach Your Peak 2024?</b></p>                               | <p><b>Say Yes! Reach Your Peak (RYP) 2024</b> is our annual steps challenge 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 and supported by the Mount Sinai Wellness Calm and Fit team.</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 well-being.</p> <p>The focus of RYP is to support you to <b>Say Yes!</b> to the following wellness practices:</p> <ul style="list-style-type: none"> <li>● Walking each day a taking a few steps more than the day before</li> <li>● Prioritizing walking and other wellness habits into a daily self-care practice</li> <li>● Setting and achieving your own personal goals by being intentional about your wellness</li> <li>● Connecting with your colleagues and friends to experience a sense of community throughout Mount Sinai Health System as an empowering resource for your well-being</li> <li>● Become the best version of you!</li> </ul> |
| <p><b>Is this year’s Reach Your Peak similar to previous steps challenges?</b></p> | <p>Yes. Like the prior years' RYP walking challenges, the <b>Say Yes! Reach Your Peak 2024</b> series reinforces the benefits of setting, achieving, and sustaining personal health goals. With RYP, participants are encouraged to form and to join a walking team with colleague to share the experience. While solo participants are welcome, forming teams is highly encouraged. <i>(See below for how to register and join*)</i></p> <p>After registering, during the 12 weeks of RYP, participants track their steps each day, then report their total number of steps per week.</p> <p>Each week of RYP starts on a Monday and runs through Sunday (7 days). RYP participants report each week’s steps online <b>by Monday 5 PM</b>. <i>(See below for how to register and report steps*)</i></p> <p>And like past years, each week participants will receive an encouraging email message that provides tips for wellness practices and weekly leaderboards organized by location showcasing the participating teams’ (or individual’s) <b>weekly step count</b> and the <b>total cumulative step count</b> for each team (or individual).</p>   |
| <p><b>Do I have to be ‘athletic’ to participate in RYP?</b></p>                    | <p>The only requirement for participating in RYP is that you are open to saying yes to enhancing your wellness and motivating your colleagues and family 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, increasing the number of steps you take each day even by just a few steps, and enjoying delicious and nutritious food that enhance your well-being.</p>  |
| <p><b>How many steps do I have to take each day to participate in RYP?</b></p>     | <p>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. While based on RYP history, the target number is 10,000 steps a day, 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. It’s up to you! RYP is</p>   |



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|  | voluntary, personal, and designed as a positive, fun experience.  |
| <p><b>What other wellness services are available to me during my participation in RYP?</b></p> | <p>During the 12-week challenge of RYP we offer you direct access to our wellness initiatives. You will learn something new in our weekly RYP emails to participants. And help you become familiar with our many offerings, such as personalized nutrition plans, recipes, individual wellness consultations, diabetes care coaching, weight management, meditation pauses, yoga, and workout videos.</p> <p>Explore <a href="#">our Wellness website</a> for Mount Sinai faculty, staff, and students to learn more or email <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a> for more information about our Fit offerings and <a href="mailto:4calm@mountsina.org">4calm@mountsina.org</a> for our Calm offerings.</p>  |
| <p><b>How long is RYP?</b></p>   | <p>RYP 2024 runs for 12 weeks. Register first, and start counting your steps on Monday, June 10. The last week of RYP 2024 is Sunday, September 1 (of Labor Day weekend).</p>   |
| <p><b>How do I “Say Yes” to officially getting started with RYP 2024?</b></p>                  | <p><a href="#">Register</a> today using the <b>Registration section</b> of the 2-part form.</p> <p>Then start walking and tracking your steps on <b>Monday, June 10</b> – the first official day of RYP 2024.</p> <p>Then report your steps for each week, starting <b>Monday, June 17 by 5 pm</b> using the <b>Step Reporting section</b> of the form.</p> <p>It’s easy! You and your team members can Say Yes! by registering online for RYP 2024 on any device with internet access using <a href="#">this link</a>, or by copying and pasting this URL [ <a href="https://forms.office.com/r/Uungx3PWHe">https://forms.office.com/r/Uungx3PWHe</a> ] into a web browser on any device.</p> <p>You can also use the camera on your mobile phone to scan the QR code below to access the form.</p> <div data-bbox="467 1199 820 1507" data-label="Image"> </div> <p>Follow the instructions in the online registration form, scrolling down to fill in all the requested information.</p> |
| <p><b>When does RYP actually start?</b></p>  | <p><b>Monday, June 10, 2024</b> is the official start of RYP to <b>start tracking your daily steps</b>.</p> <p>We also invite you to Say Yes! to the type of routine that will open you to new opportunities for enhancing your wellness practices.</p> <p><i>NOTE: You can join RYP at any time during the 12-week period. It’s never too late to start!</i></p>   |



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| <p><b>How many participants can we have on our RYP team?</b></p>                     | <p>Your team can have as many or as few members as you like. You may also choose to be the team captain or to choose another team member to be the team “captain.” Each of you is on a personal journey, and having a team captain may motivate you to keep going and to report your progress each week.</p> <p>The team captain serves as a team leader and motivator, checking in with their team members periodically during the week, encouraging them to get their steps in, reminding <b>each team member to report their total step count</b> at the end of each RYP week on the following <b>Monday</b> – by 5 pm, if possible!</p>  |
| <p><b>Is there a registration deadline for RYP – Enjoy the Challenge?</b></p>        | <p>You can <a href="#">Say Yes! here</a> to RYP any time throughout the 12 weeks of RYP that starts Monday, June 10 and runs through Sunday, September 1, 2024.</p> <p>It’s never too late to Say Yes!</p>   |
| <p><b>How can I count my steps?</b></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 <a href="#">Reach Your Peak webpage</a>.</p> <p>In order to be included on the weekly leaderboards when they are first posted and to see your totals leaderboard, you will need to not only track your steps, but you will also need to <a href="#">report your steps for each week online, here</a>, using the <b>Reporting Steps section</b> of the form.</p>  |
| <p><b>Where do I record my steps so they count for the RYP step competition?</b></p> | <p><b>Report your steps starting June 17</b> on any device with internet access <a href="#">using this link</a>. <b>Select the Report Steps section</b> 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="464 1119 813 1419" data-label="Image"> <p>The image shows a QR code on a dark background. Above the QR code, it says "Say Yes! Reach Your Peak 2024". To the right of the QR code, there is a small illustration of a person walking towards a large blue banner with yellow stars, similar to the European Union flag.</p> </div> <p>Mark your calendar to alert you to <b>report your steps each Monday by 5 PM</b> for the previous week’s seven days, Monday through Sunday.</p> <p>You’ll be able to access a dashboard showcasing your teams (or individual’s) weekly step count and cumulative step count at any time. You can view the dashboard using the link we will share with you in our weekly emails to RYP participants</p> <p><i>You may also want to keep your own personal log of steps taken and other wellness practices adopted..</i></p> |



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| <b>Why should I participate in RYP?</b>  | By participating in RYP, you are saying yes to your well-being and getting the type of encouragement and information that will keep you engaged in positive self-care practices to enhance your sense of well-being and overall health.  |
| <b>What if I have more questions about the RYP and other wellness offerings?</b> | If you have additional questions about Say yes! RYP 2024 or other Mount Sinai Wellness offerings available to you, such as personal diabetes care coaching, nutrition coaching including weight management, and smoking cessation, please email <a href="mailto:wellness@mountsinai.org">wellness@mountsinai.org</a> .<br><br>For information and answers about having a personal wellness consultation, our yoga and meditation classes, email <a href="mailto:4Calm@mountsinai.org">4Calm@mountsinai.org</a> . |