



**Mount  
Sinai**

## **Eight Tips for Remaining Fit**

*From the Mount Sinai Wellness Team*

*Throughout the Health System, we are facing incredible emotional and physical challenges. During this time, it is especially important that we remember to take some time and focus on our own personal wellbeing.*

*Here are 8 tips to help you keep Mount Sinai Fit.*

### **1. Make time to move**

It is important to take breaks throughout your day and make time for movement. Consider a walk outside (remembering to maintain social distancing) and breathe-in the late winter /early spring air. If you can't get outside, stand-up and march-in-place. Roll your shoulders or do some arm swings across your body to release tension in your shoulders and open-up your thoracic cavity. Visit the [Mount Sinai Calm](#) and [Mount Sinai Fit](#) sections of our [Wellness Website](#) for our online employee exercise and yoga videos and links to live virtual instructor-led classes. Taking movement and stretching breaks throughout the day helps to clear our minds, drop-in to notice our breath, get our heart rates up, and remind us of the abundance of beauty that surrounds us.

### **2. Stock up on fresh produce**

Eat your fresh vegetables or fruits, first, before reaching for processed salty snacks. Consider cleaning and slicing veggies and fruits into individual portions and freezing them for future use—great for smoothies or soups. Filling your plate with non-starchy vegetables—salad, string beans, roasted vegetables—will add volume, fiber, and vitamins and minerals to your meals. Select non-starchy vegetables for half your plate. While you can still enjoy some of your favorite starchy side dishes, by filling your plate with greens, you are fueling your body and mind in a satisfying and nourishing way.

### **3. Create a meal schedule and prepare your favorite dishes**

Whether you are caring for patients in person, performing research, caring for patients via telehealth, or working on special projects, our work requires significant physical and emotional energy. Try to eat regular meals and have healthy snacks such as a piece of fruit, cut up veggies, or a handful of nuts on-hand to sustain you during a long day. Prepare some of your favorite dishes when you have time so you can enjoy some of your favorite foods. View our 30-Day Meal Plan, nourishing snacks, and Mount Sinai Cookbooks on our [Wellness website](#)

Eat slowly so that you can recognize when you are full or satisfied. Once you feel full, put down your fork and save what's left on your dish for another time. In order to enjoy your food and

notice when you have had enough, make meals electronics-free (no phones or computers). By eating mindfully, you are tapping into your hunger and fullness cues as you enjoy your meals.

**4. Stay well hydrated**

An important component of our health is hydration. Most of us need to drink about 8 to 10 cups of water per day. Try adding a slice of lemon or cucumber or a sprig of mint for a refreshing twist. Other hydrating options are unsweetened flavored teas like ginger or peppermint.

**5. Drink wisely**

Sweet cocktails and beverages such as juice and soda are higher in total calories and increase blood glucose levels. Aim to choose beverages such as seltzer, water, or unsweetened iced tea.

**6. Stock up on healthy non-perishables for meal preparation**

Beans, lentils, nuts and seeds, nut and seed butters, oats, whole grain pasta and bread, canned tomatoes and canned fish, frozen vegetables and fruit, dry herbs and spices are all healthy non-perishables to stay stocked up on. Consider freezing fresh proteins like chicken, fish, and turkey so they last longer and are available to defrost as you need them. Planning meals and having a well-stocked pantry will set you up to eat healthfully.

**7. Keep dessert to a few bites**

Desserts can tack-on a large amount of calories, fat, and sugar. Aim to have just a few bites of your favorite treats and take a moment to actually savor each morsel as you satisfy your sweet tooth. Better yet, have some fresh berries or other fruit to add nutritional value and sweetness to mark the end of your meal.

**8. Take care of yourself and embrace the extra time**

Self-care may include taking time for a safe walk or doing your favorite hobby when possible. It is important to find time for yourself and engage in an activity that brings you joy.

Social support is key to maintaining physical and mental health. Stay connected on a regular basis by communicating from a safe distance and by using technology to reach out to friends, family, and co-workers.

Remember to give praise to others during this time and express gratitude. It feels great to make someone else's day.

Bookmark the [Wellness website](https://www.mountsinai.org/about/ms-fit) (<https://www.mountsinai.org/about/ms-fit>) for future reference in order to integrate our free yoga, meditation, and exercise classes into your wellness practice and to be inspired to prepare foods from our Mount Sinai Fit Cookbooks.