EVERY STEP COUNTS:
Hadassah’s Walking Program

the power of women who HEAL

America Walks: July 14, 2016
The Power of Women Who Heal

• 100+ years of experience

America Walks: July 14, 2016
Why We Do

• Heart Disease - #1 Killer of Women
• “Divergent missions, convergent strategies” – Tyler Norris, Kaiser Permanente
What Have We Done

America Walks: July 14, 2016
Phyllis was on her way to Zumba class and never would have recognized the pain in her neck if she hadn’t been to an Every Beat Counts event...
Every Step Counts

- Daily tracking
- Local and virtual community support
- Walking groups

Mother-Daughter Fitbits
America Walks: July 14, 2016
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Ann, have a wonderful time! I wish there was a "like" button on here.

Enjoying Mexico with hubby and hostess Florence Klein (formerly of Co Springs, now of Seattle and Loreto Mexico). Walking a lot and getting in those 10,000 steps a day....or close.

I went to the gym this morning. 70 minutes of working out. What are you doing?

I just completed putting in my stats. I have been sick this week so haven't walked much. Looking forward to increasing my steps again and not being left behind by everybody. :)

Jane Ehrlich
Support me in my walk

Keep Moving

The Why? My Mother died at the young age of 68 due to heart disease. I have never written down those words before and to write them and to see them here makes me sad. Although, they are always front and center. My Mother was an Auschwitz Concentration Camp Survivor who somehow connected to a profound Grace and Resiliency. Throughout her life, one she valued deeply, she met each and every moment with compassion and kindness. Through love she had children and though she had the opportunity to meet her grandchildren, she died before she could see them grow. For Her, I walk, I run.

With inspiration from Hadassah, I am committing myself and my exercise habits toward helping others live a healthier life style. I’ll be tracking my runs, my walks, my steps on a pedometer each and every day along the way.

Heart disease is the leading cause of death among American women but...
How It Captivates at Hadassah

• People love step tracking
• Leadership and social motivation
• Gender equity in medical research advocacy and education
• Tied to Hadassah Medical Organization
Aligning with the Walking Movement

- Walking Summit – bringing messages home
- Monthly working groups
- Hadassah National Convention
We Can Work Together

- Continued health programming
- Local event partnerships
- Virtual challenges fit many populations
- Coalition for Women’s Health Equity
Contact Us

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