Newton: Hadassah’s Walk For Health Draws 60

Changing habits is the big challenge when it comes to living a healthier life. Because it takes at least 21 days for most people to form a new habit (according to experts like Dr. Maxwell Maltz), making big changes like adjusting diet or adding exercise to your daily schedule seem to work best when you have institutional support.

That’s why frameworks like Hadassah’s “Every Beat Counts” heart health program exist; to share the tools developed by others to help you succeed. Hadassah, the Women’s Zionist Organization of America, says it has reached more than 100,000 women across the country since rolling out Every Beat Counts two years ago.

As part of this effort, Hadassah Northeast (based in Newton) sponsored the 4th annual family Walk for Health on September 20, where over 60 Hadassah members and friends came out, from across New England, to walk 1.7 miles around the Cleveland Circle Reservoir. The walk served two purposes; it celebrated the end of this year’s Every Step Counts Walking Program, and it helped support the Hadassah Medical Organization (HMO). HMO receives severely ill or injured patients whom other hospitals turn away because they lack the expertise to heal them as it treats patients whom other hospitals refuse to treat.

“Every Step Counts” is the HMO’s 10th annual family Walk for Health, around Cleveland Circle Reservoir with his parents last week.

Jacob Waxman of North Easton, age 1½, grabbed a healthy snack after he finished the 1.7 mile Hadassah “Walk for Health” around Cleveland Circle Reservoir with his parents last week.

Lynne Satloff-Karas of Newton signaled the start of Hadassah’s Walk for Health on September 20 by sounding the shofar. “It was our call to health,” said Julie Newburg, executive director of Hadassah Boston.

Hadassah Northeast comprises Hadassah Boston and Hadassah Northern New England, Southern New England and the Upper Mid-Atlantic. Founded more than 100 years ago, Hadassah is an American-based volunteer organization that supports medical, educational, environmental and child rescue work in Israel, and offers its more than 300,000 members opportunity for personal growth, education, advocacy and Jewish continuity.