

Part 1 - Identification Information

- Submission Identifier Code TA09-126
 - Full Title for Entry (80 characters maximum): **Wellness Initiative**
 - Entry Category: **“Men’s Health Programs”**
 - Contact Person to be listed on Torch Award CD: **Jerry Appleby**
 - Email address to be listed on Torch Award CD: **Pilonihu@aol.com**
 - Club number & Club name: **1041. Temple Aliyah Men’s Club**
 - Number of club members: **125**
 - Synagogue name, city and state: **Temple Aliyah, Woodland Hills, CA**
 - Club President Name (at time of entry): **Jerry Appleby**
 - Club President Name (at time of convention): **Rick Shumacher (Note that Alex Romano, EVP, will be representing our Club at the Convention.)**
 - Person preparing entry: **Jerry Appleby**
 - Email address of person preparing entry: **___ Pilonihu@aol.com**
 - Date of entry submission: **___ 4/5/09 -- Original attempt at submission.**
- E-mail problems at FJMC resulted in non-receipt. Resubmitted on 6/9/09.**

Part II. Summary Information (up to 200 words):

Taking to heart the encouraging words of Dr. Bob Braitman at the last FJMC Convention, the programming this year for the Men’s Club of Temple Aliyah included numerous activities which had an overwhelming focus on men’s health. There was a particular drive to get more of our members exercising regularly.

Part III. Self-Assessment of Entry

- Explain presentation and documentation completeness –
-Our Wellness Program has been a recurring theme throughout the year.
- **Every year, Temple Aliyah Men’s Club sponsors a team in the Synagogue Softball League.**
- **We started the year with a “The Doctor Is In” program, in which a specialist from Kaiser Hospital addressed the Men’s Club and answered questions on men’s health issues.**
- **In January, we had a *Hearing Men’s Voices* program, with a typical subject for that time of year – Exercise and Diet. However, we had our members highlight their successes, thereby providing encouragement for the others.**
- **The group had a 3-hour walk in the hills of Malibu as part of a Sukkot program. This was held in conjunction with the Men’s Club of Valley Beth Shalom.**
- **Our participation in the Wellness Initiative began with an article from the Men’s Club president in the Temple’s magazine (*The Voice*), soliciting “fitness fanatics” to participate.**
- **Dr. Gil Solomon, one of our active “Wellness Initiative” participants, spoke at our Men’s Club Friday night Shabbat service about Men’s Health and exercise.**
- **We have signed up over 30 men to participate in the “Walk to Philadelphia” Wellness Initiative. This team includes 3 rabbis and 3 physicians, as well as some retirees, who go to the gym regularly. The Men’s Club President e-mails words of encouragement and collects the exercise statistics from each of the participants on a weekly basis. Within the first 2 months (February and March), our top ten participants had already exceeded the minimum goals of a combined 3,600 miles.**

Below is an update of the log, showing that 17 members of our team have already surpassed the individual target of 360 miles:

Team Totals as of June 6, 2009

15 Minutes of Walking = 1 Mile. 15 Minutes of Other Aerobic Activity = 2 Miles

	Name	Minutes of Walking	Minutes of Other Aerobic Exercise	Miles as Converted from Minutes of Exercise	% of Goal Attained
1.	Tuckman, Irwin	4,414	9,558	1,568.7	435.7%
2.	Rosenberg, Maier	1,020	9,820	1,377.3	382.6%
3.	Weitzbuch, Dr. Sandy	0	9,965	1,328.7	369.1%
4.	Rosenthal, Nick	410	8,160	1,115.3	309.8%
5.	Sedley, Alan	4,380	5,829	1,069.2	297.0%
6.	Bromberg, Dr. Jason	555	7,583	1,048.1	291.1%
7.	Solomon, Dr. Gil	4,127	4,773	911.5	253.2%
8.	Shapiro, Jeff	7,575	2,685	863.0	239.7%
9.	Nehdar, Howard	1,350	5,025	760.0	211.1%
10.	Widawer, Mark	0	5,334	711.2	197.6%
11.	Epstein, Bob	2,210	3,850	660.7	183.5%
12.	Appleby, Jerry	5,406	2,090	639.1	177.5%
13.	Cohan, David	1,686	2,990	511.1	142.0%
14.	Shumacher, Rick	5,400	920	482.7	134.1%
15.	Weiss, JD	2,940	2,085	474.0	131.7%
16.	Aminnia, Ben	4,970	934	455.9	126.6%
17.	Baker, Joel	5,545	590	448.3	124.5%

- **Four or five times a week, up to 12 members of our team meet at night at Hazzan Stein’s house, and go for a walk for 45 minutes to 1 hour. This is in Woodland Hills, which is aptly named, as the first 25 minutes of our walk is all up-hill! (An elevation gain equivalent to walking up a 38-story building. See the route at www.gmap-pedometer.com/?r=2813676 .)**

- **On March 1, the Temple Aliyah Men’s Club visited with a professional trainer at J-Netics to learn about physical fitness from a pro and for some physical and motivational training. This was arranged by Bob Epstein, a Temple Aliyah Men’s Club past-president, who has been working out with the trainers at J-Netics for the past year, and has lost over 40 pounds.**

- **Achievements of program goals, publicity, marketing and advanced planning – This has become one of the most important and hopefully enduring changes to our Men’s Club. Our Club took the “Health Initiative” beyond the basics, and now has a faction of men who exercise regularly and support and encourage each other in this endeavor. It’s not all sweat and grind; we have a great deal of fun and schmoozing while exercising. Many of us now plan to make these walks with the guys part of a life-long routine. Overall, the program goal has been met, and our men’s health initiative is frequently mentioned in the Temple newsletters and at Temple Board meetings.**

- How does the program enhance the image of the FJMC, region and/or your club?
As the Walk to Philadelphia program is derived from the FJMC Health Initiative, it definitely enhances the image of the organization. It shows true concern for men's health issues. Likewise, our individual club is recognized by the general Temple membership as doing something that is good for them – to exercise more! Even the neighborhood at large knows of us due to our late night walks – we are known as the *Aliyah Street Walkers*.

- Include information so other clubs can use this program
In the words of the Nike ads, “*Just Do It!*” And paraphrasing Dr. Braitman, “I look out and am concerned that too many of us are over-weight and not getting enough exercise.”

- What is its value in club building - number of named club members participating vs. club size and synagogue/congregation size –
The focus on men's health added another dimension to our Men's Club. Although we had some sports programming in the past, this ongoing activity enticed others to become involved. Many of the participants in our Walk to Philadelphia competition have never included themselves in any other Men's Club event. This also been something that appealed to a broad spectrum of our membership; young and old, fitness fanatics, and others who, when they started were terribly overweight and out of shape. This program is definitely making a positive difference in many people's lives.

Temple Aliyah has approximately 950 member families and 125 paid Men's Club members.

- Identification of source of program or practice and description of unique aspects. Help us understand where it came from. –

The catalyst for this program has been the FJMC Health Initiative and Walk to Philadelphia competition. Unique, in that it was something that we addressed with a variety of programs throughout the year.

- Identification of this program as an adaptation of a previous Torch Award entry or other program. Awards will be given for implementations that are particularly effective. The original sources of the programs will be most pleased to know that their efforts have borne fruit.

Dr. Bob Braitman is to be commended for his outgoing-Presidential address at the 2007 FJMC Convention, as it spurred many of us to action.