



Every Move Counts
Now it's fun and easy to get
more active! Introducing
our new health and
wellness program made for
all ages and abilities.



GET MOVING!

At a time when many of us feel glued to the computer or TV, take a break to get active and feel great. Every Move Counts is made for just about everyone — regardless of ability or age. Our online tracker makes it easy to convert almost any kind of movement: a walk outside, chair fitness, at-home exercises, household tasks, gardening, dancing, swimming, errands — anything that gets you moving. All you need is a computer or a smartphone to get started.

REGISTER NOW

Registration begins on January 13. Program launches on February 16 and will run for three months.

TRAVEL AND EXPLORE

Your movements chart your progress across our virtual map of Israel. Every move helps you reach places of interest on our Israel map, with a special acknowledgement when you reach a milestone, giving you a sense of accomplishment. See how many of our fun facts about Hadassah in Israel surprised you!

CONNECT

Along the way, you can share your progress on social media and help raise funds for Hadassah's work of healing our world.

ARE YOU READY?

Get ready to have some fun, raise some funds, cheer your friends, get healthy and get moving.
Because EVERY MOVE COUNTS.

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Questions? Contact program@hadassah.org.