

2013-2015 Torch Awards - Application

Section 1: Title

Club Name: Beth Hillel Congregation Bnai Emunah (Wilmette, IL)

Current Contact: Lee Bloom

Program Name: **Men's Club Wellness Initiative**

Section 2: Contact information

Person completing form

First Name: Lee

Last Name: Bloom

E-Mail: lee.bloom@aldineadvisors.com

Club President at time of Convention

First Name: Ivan

Last Name: Cramer

E-Mail: icconsult2000@yahoo.com

Current Club President

First Name: Ivan

Last Name: Cramer

E-Mail: icconsult2000@yahoo.com



2013-2015 Torch Awards - Application

Section 3: Category

Please choose up to two (2) selections. Please note, you can only win in one category. The co-chairs reserve the right to reclassify your program.

- Club Administration
- Community Outreach
- FJMC Other
- Fundraising

X Health and Wellness

X Hearing Men's Voices

- Jewish Observance
- Israel / Masorti
- Keruv
- Men's Club Shabbat
- Programming for Younger Men
- Shomrei Ha'aretz
- Synagogue Service Project
- World Wide Wrap
- Youth Programming
- Shoah Yellow Candle
- I'm not sure, select for our club
- Best Overall Activities** **To apply for this award, please see specific instructions in "2015 Torch Award Overview," available on FJMC website**

Section 4: Program overview

Brief Summary

The Men's Club Wellness Initiative is a twenty week collaborative program intended to guide participants to better health. We focused this first twenty week program on Weight Loss, with a club wide goal of losing 250 pounds. Through weekly meetings held in an open discussion format, we provided information, support and encouragement to our Men's Club brothers to achieve their wellness goals.

Please note: We have attached a PDF File containing exhibits to the Torch Award Submission. We attempted to include the exhibits directly in this submission, but the formatting was simply too complicated. We can submit all of the exhibits in individual Word documents if that were helpful to the judges or the FJMC.

2013–2015 Torch Awards - Application

Detailed Discussion

The following is a detailed discussion of the BHCBE Men's Club Wellness Initiative. The BHCBE Men's Club Wellness Initiative was a completely new program created by Lee Bloom, a past president of the BHCBE Men's Club. Actively involved in developing and maintaining the program were Norwin Merens, Jeffrey Roth, Ed Noeh and Tom Ungar. We also received ongoing support and encouragement from our club president, Ivan Cramer, and the entire Men's Club board.

The entire program ran for twenty weeks, so there were a large number of materials developed. Weekly meeting agendas, program marketing flyers, and program forms are included in the attached exhibits. We hope that other clubs will be able to utilize—and improve upon—the materials we provide here.

We set a goal for our club: Lose 250 pounds in 20 weeks. While we fell short of the goal, we think the program was a resounding success.

Promotional materials included large posters in our Synagogue announcing “We want to make our Men's Club the smallest it has ever been.” We also had book-mark sized cards available around the building describing the program in detail (Printable copies of these flyers are available in Exhibit 2). Our clergy and synagogue leadership was very supportive of our efforts, announcing the program from the Bimah on a regular basis, and including reference to it in most Synagogue electronic mailings.

We set a one-time fee of \$72.00 per person to participate in the program. We wanted to charge a fee to ensure that participants were committed to the program. The money raised was used to cover the costs of promoting and running the program. As noted later, we had also intended to use the money to pay for a Healthy Alternative food at Shabbat morning Kiddush luncheon enhancements, although ultimately we did not do that.

2013–2015 Torch Awards - Application

The following discussion generally follows the format of the agenda from the program's kick-off meeting (Agenda in Exhibit 1; a complete set of meeting agendas appears in Exhibit 4). We are using this format because we think it could be developed into a "Leader's Guide" for anyone wishing to implement this program in their own club.

Wellness: We established the Men's Club Wellness Initiative as a program to help our club members take control over their own health and wellbeing. In the long run, this includes physical wellbeing through weight management and exercise, as well as emotional wellbeing through a supportive group meeting structure.

Weight Loss: We set weight loss as the first element of a longer term Wellness Initiative. Unfortunately, our Men's Club members are no different from the vast majority of aging American men: we have been fighting a losing battle with weight management. Being overweight is strongly correlated with many of our primary ailments: high blood pressure, adult onset (Type 2) diabetes, sleep apnea and high cholesterol to name just a few.

Instead of just treating the symptoms of excess weight—medication for high blood pressure, a C-Pap machine for sleep apnea—we thought it would be better to provide a way to address the primary cause. While not everyone suffering from high cholesterol, for example, will benefit from shedding excess weight, a substantial portion of the population will respond favorably.

Losing excess weight can help the vast majority of us reduce the incidence and severity of these life threatening ailments.

Wellness Initiative Philosophy: Men Supporting Men Towards Better Health
The program was intended to be collaborative, not competitive. Most of us spend much of our days in competition—with our co-workers for promotions, against our business competitors trying to get new clients, haggling with a car dealer negotiating the purchase of a new car, even changing lanes on the highway driving to work. Wellness Initiative meetings are intended to be emotionally supportive, and that requires a sense of collaboration.

As we developed the program, a number of people suggested that there should be a prize for the man who loses the most weight. We rejected these suggestions. We

2013–2015 Torch Awards - Application

wanted everyone to cheer when Jay comes to a meeting and says “I lost three pounds last week!” rather than be annoyed that Jay might win the grand prize.

“I didn’t go back for seconds. I kept thinking to myself, ‘I don’t want to show up at the meeting and tell everyone I gained a pound this week.’”

-A Wellness Participant

All meetings and information were expected to be Confidential. We have to respect each-others confidences if we are going to be supportive of each other. We found that during meetings the group would occasionally discuss some very personal matters. These were important discussions to have, but that could only have happened if each of us could trust the other participants.

“I don’t like being fat. I don’t want to be embarrassed undressing in front of my wife and having a ‘muffin top’ rolling over my underwear.”

-A Wellness Participant during a meeting

Participants were expected to be Supportive of each member, in the meetings and outside.

We did not want to embarrass anyone at a meeting. No one was ever asked to disclose their weight. We did not bring a scale to meetings and have weigh-ins. Weights were reported on a “no names basis” (see forms in Exhibit 3) simply to track progress of the Wellness Initiative.

No Women Allowed. During the development and initial promotion of the program, several people asked why women could not participate. We answered that this is intended to be an opportunity to openly address our health and weight issues. We wanted to create a safe place for men to be able to “open up”. We explained that men act differently when there is a woman in the room. We are much less likely to openly discuss personal issues or show any sort of weakness. We were gratified that this answer was well received by everyone who raised this issue with us.

2013–2015 Torch Awards - Application

There is no “You” in Diet. We asked all participants to remember that the diet idea that works for me might not be good for you. So as much as possible, we tried to avoid telling people what to do. We urged that suggestions should be made in the form of “here’s what works for me,” or perhaps “have you thought about....” For example, many people are able to eat just one cookie. But for some of us, that first cookie starts a binge reaction and we end up eating ten more. We absolutely cannot eat that first cookie. So a well-intentioned advisor might say “Lee, you should just eat one cookie and that will satisfy you craving for sweets.” The advisor meant well, but projecting what worked for him onto Lee might be the worst advice Lee could get.

“When dessert is served, I just stare at it. Sometimes for a minute or two. After a while, I realize I don’t really want to eat it. I’ve imagined what it would taste like, but I just don’t want to eat it anymore.”

-Lee Bloom talking about his approach to dealing with desserts

Meeting Structure: Each of the twenty regular meetings (see Agendas for Weeks 1 to 20) had the same basic format:

1. Invocation,
2. A twenty minute topical discussion
3. A twenty minute open discussion
4. A twenty minute walk.

2013-2015 Torch Awards - Application

Invocation: Each meeting began with the following invocation prayer written for the Wellness Initiative. The invocation is based on the *Shehecheyanu* prayer. Participants are asked to stand and read together both the Hebrew and English (not the italicized translations):

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

*Blessed are You,
Lord our God, King
of the Universe,*

Dear God, as we begin our journey to better health,

שְׂהַחֵינוּ

*who has granted us
life,*

We ask that You give us the strength to complete the personal goals that we set.

וְקִיְמָנוּ

sustained us

We thank You for bringing us together as men, brothers and friends.

וְהַגִּיעָנוּ לְזִמְנוֹ הַזֶּה:

*and enabled us to
reach this occasion.*

And with Your help, we will do this together

We chose the *Shehecheyanu* prayer because most of us know it as the prayer we say when we begin a new activity, festival, or holiday. We wanted to project the feeling that the Wellness Initiative was a new start on our journey to good health. The inter-leaved English in the invocation expresses the overall goal of Men Supporting Men towards Better Health. This is most profoundly expressed in the last line "...we will do this together."



2013-2015 Torch Awards - Application

Paper Work:

We developed a number of documents for participants to use during the twenty week program. Here is a description of each card.

Registration Card We asked each participant to fill out a registration card with the following information (the printable card—front and back—appears in Exhibit 3)

Front of Registration Card

Name: _____

Email Address: _____

Please fill in at least two goals below (See back for examples):

Goal

#1: _____

#2: _____

#3: _____

2013–2015 Torch Awards - Application

On the back of the card we gave examples of “Goals” we wanted participants to set for themselves.

Back of Registration Card

Examples of goals include:

- I will lose 25 pounds.
- I will fit into the light tan slacks hanging in my closet.
- My shirt collars will button comfortably.
- I will reduce my cholesterol level without changing medications.
- I will look great for my grandson’s bar mitzvah pictures.
- I will walk up a flight of stairs without getting out of breath.
- My wife will be able to wrap her arms around me again.
- I will run a 10K race.
- I will run a 5K race in under 31 minutes.

There are two things to note about these goals: (1) they are not just about what the scale says; and (2) they are result oriented.

The Scale: Certainly our goal was to lose weight. But we think it helps to find other indications of progress and success beyond just the numbers on the scale.

“I have a pair of green slacks that I used to fit into, but couldn’t squeeze into anymore. Once a week I would try them on to see how if I was losing weight. Each time they fit a little better and it gave me the emotional boost I needed to keep on going.”

-Lee Bloom describing one of his goals

Result Oriented: We recommended that goals should be objective and have a singular result rather than be a process. For example, set the goal as “I will run in a 10K race”, not “I will go running three times per week.” Or, “I will bench press 150 pounds” not, “I will work out every other day.” This took a bit of adjustment for the participants. Initial goals were a mixed bag of result and process.



2013-2015 Torch Awards - Application

"I have this plaid jacket I bought a while ago. I really like that jacket. I want to fit into it again."

-Jay's goal which he achieved (and he looks great in that jacket)

Starting Weight Card Each participant was asked to fill out the following Personal Start Date Card to confidentially report in their beginning weight. (The printable card appears in Exhibit 3.)

Personal ID: _____
Start Date: _____
Beginning Weight: _____ LBS
<i>You may leave Beginning Weight blank</i>
<i>Please give to Men's Club Wellness Initiative Facilitator</i>

Note that we used a Personal ID selected by the Participant, to assure anonymity. As mentioned earlier, we did not want anyone to be embarrassed or avoid the program because they would have to announce their own weight.

Weekly Weight Card Participants were asked to turn in the following Weekly Weight Card. (The printable card appears in Exhibit 3.)

Personal ID: _____
Weigh-In Date: _____
Weight: ____ LBS
LBS Lost: _____ LBS
<i>Please give to Men's Club Wellness Initiative Administrator</i>

Members could report actual weight or just the amount they have lost. We ended up collecting these cards only sporadically during the program.

2013–2015 Torch Awards - Application

20 Weeks of The Wellness Initiative

We set the program to meet every Monday night for twenty weeks for several reasons. Twenty weekly meetings is a lot for a Men's Club program. However, we wanted everyone to have enough time to achieve a reasonable weight loss goal. Keeping in mind that most dieticians recommend limiting weight loss to 1 to 2 lbs per week, twenty weeks seemed like a reasonable time frame.

We also wanted to have enough time for participants to develop a healthy eating mind set. One common problem with dieting is that the dieter gains back the weight right after they finish the diet. We thought having a longer period of time to learn how to gain control of their eating.

We expected that people would join "mid-stream", perhaps half way through the twenty week program. In fact, we did have two people join at that point. Having the twenty week total program gave people this opportunity.

We also thought that having lots of meetings, each one of only modest importance, would make it easier for members to commit to the program. We made it clear that it was okay to miss a few meetings. None of the participants could reasonably commit to attending every session. While most of us set aside on our calendars "Monday night at 7:00" for the Wellness Initiative, we also knew that work or personal conflicts would have to take precedence. And that was okay.

"When I'm really hungry between meals, I take a tablespoonful of [unsweetened] peanut butter. I wait five minutes. If I'm still hungry, I take another tablespoonful. That always does it for me."

-Ed sharing his solution to being hungry

On the next page is a complete listing of the weekly discussion topics and the meeting dates. Note that this program ran throughout a Chicago winter. It spanned Hanukkah and Pesach, and the Christmas and New Year's holidays as well. We point this out because for a dieter, these holidays are treacherous times. Even though we don't "celebrate" Christmas, our offices are often filled with holiday cookies and cakes; and we may be attending office holiday parties. We discussed

2013–2015 Torch Awards - Application

at length how to survive these holidays. In fact, most of us reported only a slight weight gain or no-change over the holidays. And this was considered a genuine victory compared to prior years experiences.

Men's Club Wellness Initiative Weekly Program Guide

0. Introduction	October 27, 2014
1. Goal Announcements	November 3, 2014
2. Exercise Routines	November 10, 2014
3. Real Men Don't Eat Salad [all of the time]	November 17, 2014
4. Open Discussion	November 24, 2014
5. Healthy Eating Routines	December 1, 2014
6. Preparing Your Own Meals	December 8, 2014
7. My Favorite Diet Dessert	December 15, 2014
8. Reading Food Labels for Weight Loss	December 22, 2014
9. Heart Health	December 29, 2014
10. Diet Myths	January 5, 2015
11. Mid-point Check In	January 12, 2015
12. Open Discussion	January 19, 2015
13. Group Weigh In	January 26, 2015
14. Digestive Health	February 2, 2015
15. Goal Shout-Out	February 9, 2015
16. Open Discussion	February 16, 2015
17. Eat This, Not That	February 23, 2015
18. I've Met My Goal—Now What Do I Do?	March 2, 2015
19. Open Discussion	March 9, 2015
20. Group Weigh In and Closing Ceremony	March 16, 2015

2013–2015 Torch Awards - Application

Diet Guides

There are a great many ways to lose weight; and plenty of books and web sites ready to show you the way. We made available several diet books for anyone interested in following a specific diet, but we made no specific recommendations in keeping with the idea that “There is no “You” in Diet.” Here is a list of the diets we discussed:

- a. South Beach (Lean Protein, Healthy Fats, Complex Carbohydrates)
- b. Power Abs (Like South Beach plus exercise regimen)
- c. Atkins Type Diet (Any protein and fat; no carbohydrates)
- d. Weight Watchers
- e. DIY (I can do this my way)
- f. Other (but Not the Grapefruit diet)

“When I am really hungry, I lose my self-control. For me, the best way not to be hungry is not to get hungry. Sneak out to the lobby after the silent Amidah and eat a granola bar.”

-Lee’s advice when asked how to avoid chowing down at an especially grand Shabbat morning Kiddush luncheon.

Doctor’s Orders

Many participants were already taking medications for various issues, including some of the weight related problems we described above. We made it clear, and repeated this periodically, that nothing about the Men’s Club Wellness Initiative should ever supersede your doctor’s advice or orders. Furthermore, we pointed out that if you are taking a medication and you begin to lose significant amount of weight, it would be important to check in with your doctor. Many medication dosages are based on body weight, so a planned weight loss could lead to a dosage reduction.

Let’s Go for a Walk

Every meeting ended with a twenty minute walk. While we did not intend to highlight exercise, we wanted to integrate a low threshold activity into our weekly meetings. We limited the walks to twenty minutes to get a message across—everyone can spare twenty minutes to take a walk.

2013–2015 Torch Awards - Application

For the first several weeks of the program we were able to enjoy walks around the neighborhood. Once the Chicago winter set in, we simply moved our walks inside, sometimes to the amusement of the evening Minyan attendees.

These walks turned out to be a highlight of the program. They gave participants an opportunity for quieter talks with other members.

“Here’s the first thing I changed about my diet. On the driving home after buying a dozen fresh, hot bagels on Sunday morning, I only eat one bagel instead of three!”

-We won’t mention his name, but this participant achieved all of his Wellness Initiative goals.

Program Results

So how did we do? As mentioned above, we did not achieve the 250 pound weight loss goal. We knew this was a wildly audacious goal to start with, but we wanted to set a high bar. We also thought we would need twenty to twenty five participants to achieve the 250 pound goal. We actually had fifteen participants in the program, including the five program developers.

Of the fifteen members who started out:

- Two dropped out due to time conflicts;
- Eight reported significant weight loss—meaning they met or came close to their weight loss goals;
- Four of us kept our weight even—not bad considering this program ran during the winter and over the “holiday season”;
- One person reported gaining weight.

Overall, our group reported a total loss of 85 pounds. (This number does not include everyone who reported losing weight; not everyone was available for the final tally).

“What would Lee do here?”

-Participant reported thinking this as he approached a Las Vegas “Buffet” while on vacation during the twenty weeks of the Wellness Initiative.

2013–2015 Torch Awards - Application

We asked a few participants to give us one take away from their experience. Here are a few of the comments (remember, this is what worked for them):

- “Eat early, eat often.”
- “Smaller portions.”
- “Just don’t it all.”
- “A tablespoon of peanut butter.”
- “Bring lunch to work.”
- “Cut out the bread.”

In addition to the weight loss, participants reported enjoying the camaraderie developed during the program. Several participants were infrequent participants in Men’s Club activities, so this program raised awareness of our activities.

Recommendations for Improvements

We expect to run this program again in the future, perhaps with a focus on Exercise. At some point we will likely re-run the weight loss version. We also hope that other clubs will take up the challenge of helping their members gain control over weight. To this end, we have several suggestions to improve the program:

1. We had intended to sponsor a weekly “Men’s Club Wellness Initiative Healthy Alternative” food selection at the weekly Shabbat Kiddush luncheons. We did not get this done. The Healthy Alternative would serve to promote the program while providing everyone with a convenient way to stick to their diets.
2. Lee Bloom, as originator of the program, ran most of the meetings. It would have been more effective to spread out the meeting facilitation over three or four different people.
3. The sequence of topics could be shifted around to more evenly balance out the substantive topics throughout the twenty week program.
4. We had intended to have more outside speakers participate on specific areas of expertise. For example, it would have been helpful to have a cardiology specialist make a few comments about feeds that are known to be heart friendly; or an Endocrinologist discussing diet impact on diabetes.
5. We had hoped to periodically report-out our progress to the congregation. This might have been done using some sort of graphic of how close we are coming to achieving our goal. In the end, we did not get this done.

2013-2015 Torch Awards - Application

- Increased promotion mid-stream. Perhaps starting about the seventh week we should have had a second round of promotional materials printed up to try to bring in additional participants.
- For a small handful of participants, the program leadership might need to provide more guidance about controlling their weight.

Program Planning / Timeline - Please provide a timeline of the key tasks, participants, and responsibilities required in order to make this program work. This may be provided as an inserted table or you may replace and insert as an embedded Excel spreadsheet. Please be as detailed as possible, so that other groups may replicate your success.

Task	Assignee	Due Date
Promotional Materials	Tom	Start Date (T)-4 Weeks
Print Program Documents	Lee	T-1 Week
Prepare Weekly Agenda and hand-out materials	Facilitator	Meeting date-1 day
Arrange for meeting Room	Facilitator	We had all twenty one meetings scheduled in advance.

The Men's Club Wellness Initiative is really a low intensity program. Marketing materials have to be prepared. Weekly meeting agendas have to be printed. If a guest speaker will be attending, someone has to arrange that. However, for the most part, the weekly meetings virtually run themselves, as long as the facilitator has a topic he wants to use to open the meeting.

Section 5: Certification

I certify that my club has not won a Gold Torch Award for essentially the same program in a previous year. (Previous silver and bronze winners in this category that submit an enhanced application only qualify to be considered for a Gold Torch award.)

Certification: Initials: /s/LSB
(Lee Bloom)

2013-2015 Torch Awards - Application

Section 6: Pictures

We did not take photos or videos of our program.

Section 7: Video

None submitted

Exhibits Follow:

Men's Club
Wellness Initiative



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Men's Club
Wellness Initiative

BHCBE Men's Club
We will do this together

Torch Award 2013-2015 Submission

Beth Hillel Congregation Bnai Emunah
Wilmette, Illinois

Men's Club Wellness Initiative

EXHIBIT 1



2013–2015 Torch Awards - Application

Men's Club
Wellness Initiative

BHCBE Men's Club
We will do this together

Agenda for Week 0:

Introduction to the Men's Club Wellness Initiative

1. Wellness Initiative Philosophy: Men Supporting Men Towards Better Health
 - Collaborative, not competitive
 - Confidential
 - Supportive
 - Not embarrassing
 - There is no "You" in Diet
2. Invocation
3. Paper Work
 - Registration Card
 - Personal ID Card
 - Starting Weight Card
 - Weigh-in Card
4. 20 Weeks of The Wellness Initiative
5. Diet guides
 - a. *South Beach* (Lean Protein, Healthy Fats, Complex Carbohydrates)
 - b. *Power Abs* (Like South Beach plus exercise regimen)
 - c. *Atkins* Type Diet (Any protein and fat; no carbohydrates)
 - d. *Weight Watchers*
 - e. *DIY* (I can do this my way)
 - f. *Other* (but Not the Grapefruit diet)
6. Doctor's Orders
7. Let's go for a walk

Beth Hillel
CONGREGATION
Bnai Emunah
MEN'S CLUB

Men's Club
Wellness Initiative



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Men's Club
Wellness Initiative

BHCBE Men's Club
We will do this together

Torch Award 2013-2015 Submission

Beth Hillel Congregation Bnai Emunah
Wilmette, Illinois

Men's Club Wellness Initiative

EXHIBIT 2



Men's Club Wellness Initiative



2013-2015 Torch Awards - Application

Men's Club Wellness Initiative

Help Us Shrink Our Men's Club

The BHCBE Men's Club has set a wildly audacious goal: We want to lose 250 pounds in 20 weeks.

And we need your help to do it.

We will start our new Men's Club Wellness Initiative program on Monday, October 27. Here is how it will work:

- We will meet as a group every Monday evening beginning promptly at 7:00.
- Meetings will be led by one of our Wellness Initiative leaders.
- Each meeting will have a short introductory discussion topic followed by an open discussion. Then we head out for a twenty minute fitness walk.
- Each participant sets his own goals.
- Participants self-report their own weight.
- The Wellness Initiative will help each participant succeed through positive reinforcement and peer encouragement.
- We will not embarrass anyone.
- The Men's Club Wellness Initiative is only open to Men's Club members in good standing.

Are you ready to lose a couple of pounds, improve your overall health, join in the camaraderie of a Men's Club program and help BHCBE lose 250 pounds in 20 weeks?

Registration Form →

Men's Club Wellness Initiative

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Registration Form →

2013-2015 Torch Awards - Application



Sign me up for

The Men's Club Wellness Initiative

Name: _____

Phone Number (____) _____

Email Address: _____@_____

Please make your \$72.00 check payable to: BHCBE Men's Club and include "Wellness Initiative" in the memo line. You can also pay by Credit Card (plus a \$1.50 credit card fee) through the Synagogue office.

Payment is due no later than Monday, October 27th.

For further information on the

Men's Club Wellness Initiative, please contact: Lee Bloom

Email: Lee.bloom@aldineadvisors.com

Phone: 847.251.6998.

Don't forget to mark your calendar: The first meeting is on Monday, October 27, 2014 at 7:00.



Sign me up for

The Men's Club Wellness Initiative

Name: _____

Phone Number (____) _____

Email Address: _____@_____

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2013–2015 Torch Awards - Application

Get a healthy start on 2015. It's not too late to join The Men's Club Wellness Initiative challenge. They still want to lose 250 pounds and they have eleven weeks left to do it. All Men's Club members can participate by shedding a few extra pounds or sharing their own wellness experience. The next Men's Club Wellness Initiative meeting is on Monday night at 7:00 in the Men's Club auditorium.

Men's Club
Wellness Initiative



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Men's Club
Wellness Initiative

BHCBE Men's Club
We will do this together

Torch Award 2013-2015 Submission

Beth Hillel Congregation Bnai Emunah
Wilmette, Illinois

Men's Club Wellness Initiative

EXHIBIT 3



2013-2015 Torch Awards - Application

Men's Club
Wellness Initiative

Name: _____

Email Address: _____

Please fill in at least two goals below (See back for examples):

Goal

#1: _____

#2: _____

#3: _____

Men's Club
Wellness Initiative

Name: _____

Email Address: _____

Please fill in at least two goals below (See back for examples):

Goal

#1: _____

#2: _____

#3: _____

2013–2015 Torch Awards - Application

Examples of goals include:

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- I will look great for my grandson's bar mitzvah pictures.
- I will walk up a flight of stairs without getting out of breath.
- My wife will be able to wrap her arms around me again.
- I will run a 10K race.
- I will run a 5K race in under 31 minutes.



Examples of goals include:

- I will lose 25 pounds.
- I will fit into the light tan slacks hanging in my closet.
- My shirt collars will button comfortably.
- I will reduce my cholesterol level without changing medications.
- I will look great for my grandson's bar mitzvah pictures.
- I will walk up a flight of stairs without getting out of breath.
- My wife will be able to wrap her arms around me again.
- I will run a 10K race.
- I will run a 5K race in under 31 minutes.



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Please give to Men's Club Wellness Initiative Facilitator

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Men's Club
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Torch Award 2013-2015 Submission

Beth Hillel Congregation Bnai Emunah
Wilmette, Illinois

Men's Club Wellness Initiative

EXHIBIT 4

Beth Hillel
CONGREGATION
Bnai Emunah
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Weight Loss Curriculum Guide

Twenty Week Program Outline

- All meetings are scheduled to last one hour except for Weeks 0, 11 and 20.
- Each meeting should involve some open discussion and a twenty minute walk.

Meeting/Week: Topics are subject to change

0. Introduction.....	October 27, 2014
1. Goal Announcements	November 3, 2014
2. Exercise Routines	November 10, 2014
3. Real Men Don't Eat Salad [all of the time].....	November 17, 2014
4. Open Discussion.....	November 24, 2014
5. Healthy Eating Routines.....	December 1, 2014
6. Preparing Your Own Meals	December 8, 2014
7. My Favorite Diet Dessert	December 15, 2014
8. Reading Food Labels for Weight Loss	December 22, 2014
9. Heart Health.....	December 29, 2014
10. Diet Myths.....	January 5, 2015
11. Mid-point Check In.....	January 12, 2015
12. Open Discussion.....	January 19, 2015
13. Group Weigh In.....	January 26, 2015
14. Digestive Health.....	February 2, 2015
15. Goal Shout-Out	February 9, 2015
16. Open Discussion.....	February 16, 2015
17. Eat This, Not That.....	February 23, 2015
18. I've Met My Goal—Now What Do I Do?.....	March 2, 2015
19. Open Discussion.....	March 9, 2015
20. Group Weigh In and Closing Ceremony.....	March 16, 2015

We want to make the Men's Club Wellness Initiative a success. Suggestions for additional or alternative topics are appreciated.



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Agenda for Week 0:

Introduction to the Men's Club Wellness Initiative

1. Wellness Initiative Philosophy: Men Supporting Men Towards Better Health
 - Collaborative, not competitive
 - Confidential
 - Supportive
 - Not embarrassing
 - There is no "You" in Diet
2. Invocation
3. Paper Work
 - Registration Card
 - Personal ID Card
 - Starting Weight Card
 - Weigh-in Card
4. 20 Weeks of The Wellness Initiative
5. Diet guides
 - a. *South Beach* (Lean Protein, Healthy Fats, Complex Carbohydrates)
 - b. *Power Abs* (Like South Beach plus exercise regimen)
 - c. *Atkins* Type Diet (Any protein and fat; no carbohydrates)
 - d. *Weight Watchers*
 - e. DIY (I can do this my way)
 - f. Other (but Not the Grapefruit diet)
6. Doctor's Orders
7. Let's go for a walk

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CONGREGATION
Bnai Emunah
MEN'S CLUB

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Agenda for Week 1

Goals!

1. Introductory comments
2. Invocation/Inspirational Reading
3. Goal Sharing
4. Open Discussion
5. Let's go for a walk

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Beth Hillel
COMMITTEE
Bnai Emunah
MEN'S CLUB

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Wholesome Oat Muffins

This recipe is very forgiving. You don't have to measure each ingredient exactly as listed. These muffins are included in Phase 2 of The South Beach Diet. One muffin can serve as a mid-morning "meal".

Ingredients	
1 cup buttermilk	¼ teaspoon salt
¾ cup rolled oats (aka oatmeal ¹)	2/3 cup chopped walnuts ²
1 ¼ cup whole-grain flour ³	1/3 cup granular brown sugar substitute ⁴
1 ½ teaspoons baking powder	1/3 cup canola oil
½ teaspoon baking soda	1 large egg, beaten
¼ teaspoon cinnamon	1 teaspoon vanilla extract

Preheat oven to 425F. Coat a 12-cup nonstick muffin pan with cooking spray or line with paper baking cups.

In a small bowl, combine buttermilk and the rolled oats. Let soak for 30 minutes⁵.

In a medium bowl, combine flour, baking powder, baking soda, cinnamon, and salt. Stir in walnuts.

In a large bowl, stir together brown sugar substitute, oil, egg, and vanilla until well blended.

Stir in oat mixture.

Stir in flour mixture until just combined. (Don't overdo the stirring.)

Divide batter evenly among the muffin cups.⁶

Bake for 11 to 15 minutes (start at 11 and wait until they look nice and golden delicious). Remove from oven. Let the muffins cool for about five minutes. After this, you might want to wiggle them with a fork to make sure they don't stick to the sides of the pan. Remove and allow to cool.

I use this as a base recipe for lots of variations. At this time of year, mix a little canned pumpkin and pumpkin pie seasoning into the batter. Or try swapping in bran for some of the oat meal. It's all good.

¹ You should use regular, long cooking oat meal. Instant definitely WILL NOT work. Quick cooking will work, but won't taste as good.

² Raisins work pretty well as a substitute for walnuts. Be careful, raisins have quite a bit of sugar in them

³ I use King Arthur Flour brand whole-grain flour. Whole-grain flour tends to be a bit expensive compared to white flour. King Arthur is reasonably priced. It is also one of the oldest corporations in the United States and an employee owned company!

⁴ Brown Sugar Substitute is a mix of artificial sweetener and brown sugar. I usually use Splenda for Baking along with about a tablespoon of molasses, honey or maple syrup.

⁵ You can also let it soak for a few days. Like I said, this recipe is very forgiving.

⁶ Sometimes, I cheat and divide the batter into ten muffins.



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Agenda for Week 2

Exercise Discussion

2 Kinds of pain: The pain you get from exercise and the pain you get from not exercising. I had to make the decision as to which pain I wanted.

Making the choice: Why I exercise and how I developed an exercise mind set.

Introduce David Cahnman.

Go around the room and have everyone briefly describe what exercise they currently do and optionally describe an exercise goal.

1. **Benefits of Exercise**
 - a. Cardiovascular health
 - b. Blood Sugar Control
 - c. Increases Metabolic Rate
 - d. Psychological Benefits
2. **Some Types of Exercise**
 - a. Cardio – Staying in motion. Walking, Cycling & running
 - b. Weight Training
 - c. Yoga (David Cahnman)
 - d. Playing a Sport
 - e. Mixing it up (David Cahnman)
3. **Strategies for success**
 - a. Needs to be scheduled
 - b. Being mentored
 - c. Sticking to it

Participating in BHCBE Team Ricky Byrdsong Race Against Hate. 5K walk or 5K run or 10K run



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וקיימנו *sustained us*

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And with Your help, we will do this together

Beth Hillel
Bnai Emunah
MEN'S CLUB

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Agenda for Week 3

Real Men Don't Eat Salad [all of the time]

1. Invocation/Inspirational Reading
2. Eat a Variety of Foods
3. Eat before you get hungry
4. Open Discussion
5. Let's go for a walk

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Chocolate Greek Yogurt Desert

This recipe is an easy to make, one serving desert. If you don't want chocolate, try some of the other flavor suggestions listed below the recipe

Ingredients	
½ cup Non-fat Greek yogurt (Chobani, Fage, or other)	
4 to 6 packets of your preferred sugar substitute.	
1 rounded teaspoon Unsweetened Cocoa Powder (Hershey's or other brand)	

Mix all ingredients until smooth. Enjoy.

Note: I use a lot of sweetener because Greek yogurt is very tart and unsweetened chocolate is quite bitter. You should adjust the amount of sweetener to your taste preference.

You can add in chocolate "nibs" for crunch if you have them around. Substitute Vanilla Powder for Chocolate Powder. Vanilla Powder is available at The Spice House in Evanston and lots of other places. It is pricey, but a little bit goes a long way. Do not use Vanilla extract in this recipe. Raspberry flavoring works well as a substitute for Chocolate Powder. It is available in the same supermarket rack as Vanilla extract. You can combine the two—just add a few drops of the raspberry flavoring to your chocolate mixture. Try other flavors too.



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Agenda for Week 4

Open Discussion

1. Invocation/Inspirational Reading
2. How am I going to survive Thanksgiving (Think Breast not Thigh)
3. Open Discussion
4. Let's go for a walk

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Agenda for Week 5

Healthy Eating Routines

1. Invocation/Inspirational Reading
2. Healthy Eating Routines: How you eat; not what you eat
3. Did you survive Thanksgiving?
4. Open Discussion
5. Let's go for a walk

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Agenda for Week 6

Preparing Your Own Meals

1. Invocation/Inspirational Reading
2. Preparing Your Own Meals
 - a. Plan Ahead
 - b. Do the shopping
 - c. Cook, Cook, Cook
3. Open Discussion
4. Location for next meeting
5. Let's go for a walk

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Agenda for Week 7

My Favorite Diet Dessert

1. Invocation/Inspirational Reading
2. The Case for Eating Dessert
 - a. Don't get hungry
 - b. Don't suffer
 - c. Making healthy choices
3. Open Discussion
4. Let's go for a walk

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Black Bean Chocolate Brownies

(From The South Beach Diet)

This recipe is an easy to make, one serving desert. If you don't want chocolate, try some of the other flavor suggestions listed below the recipe

Ingredients	
1 Can (15 oz) Black Beans, drained and rinsed	1 Teaspoon Baking Powder
4 Large Eggs	¼ Teaspoon Salt
2 Tablespoons Extra Virgin Olive Oil	3 Tablespoons unsweetened cocoa powder
1 Cup Granular Sugar Substitute (e.g. Splenda Granulated)	36 Small pecan halves or walnut pieces

Heat the oven to 350 degrees F. Lightly coat an 8"X8" baking pan with cooking spray.

In a blender or food processor, combine the beans, eggs, olive oil, vanilla, sugar substitute, cocoa powder, baking powder, and salt. Process until smooth.

Scrape the batter into the pan. Arrange the nuts in even rows: 6 across and six down.

Bake for 25 to 30 minutes, until a toothpick inserted in the center comes out clean. Cut into 36 squares with a nut piece in the center of each.

Each brownie has 34 calories, more or less. One brownie isn't much to eat. I suggest eating two. Or when you cut them, make each one a double wide, so you end up with 18 pieces.



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Agenda for Week 10

Diet Myths

1. Invocation/Inspirational Reading
 2. Weight Loss Diet Myths
 - I. Calories don't matter
 - II. All carbohydrates are bad
 - III. All fats are bad
 - IV. I can't have dessert
 - V. No snacking
 - VI. Skipping meals is the best way to lose weight
 - VII. Everything in moderation
 - VIII. I have to eat salad
 - IX.
 3. Let's go for a walk
-

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CONGREGATION
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Agenda for Week 11

Mid-Point Check In

1. Invocation/Inspirational Reading
2. Mid-Point Check-in:
 - I. How are you doing on your goals?
 - II. Have you made any big changes since we started?
 - III. What's the one thing that has worked best for YOU?
3. How can we improve the Men's Club Wellness Initiative?
4. Let's go for a walk

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<p>Ask Well: Making Exercise a Habit - NYTimes.com</p> <p>Page 2 of 2</p> <p>Finally, and most importantly, choose an activity that leaves you feeling happy and confident, he said. Studies consistently show that people who dislike their workouts — a surprisingly large number — or feel clumsy and inept at them will not continue, he said, no matter how sincere their intentions. So if the treadmill bores you and CrossFit intimidates, try a spin class or water aerobics.</p> <p>"We all desire the health outcomes from regular exercise," Dr. Rhodes concluded, "but we also need to work on finding the most pleasant experiences to actually achieve that behavior."</p> <p><i>Do you have a health question? Submit your question to Ask Well.</i></p> <p>© 2015 The New York Times Company</p> <p>http://well.blogs.nytimes.com/2015/01/09/ask-well-making-exercise-a-habit/?src=aps</p> <p>1/12/2015</p>	<p>Ask Well: Making Exercise a Habit - NYTimes.com</p> <p>Page 1 of 2</p> <p>The New York Times</p> <p>ASK WELL NYT NOW</p> <p>Ask Well: Making Exercise a Habit</p> <p>By Gretchen Reynolds</p> <p>January 9, 2015 9:00 am</p> <p>Q What's the best way to create a habit of exercising? I want to exercise regularly but it's hard for me to do things daily.</p> <p>Asked by Wood074 • 509 votes</p> <p>A You are not alone, especially now, when many of us make New Year's resolutions to be more active, which we promptly break.</p> <p>But there are ways to bolster your resolve, said Ryan Rhodes, a professor of behavioral medicine at the University of Victoria in British Columbia who studies exercise intention and compliance.</p> <p>First, set a realistic goal. Dr. Rhodes said. "People who intend to exercise a lot, such as four or more times a week, are more likely not to meet those intentions," he said, than people who aim lower.</p> <p>Also, don't undermine yourself at the outset. "Someone can plan to go to the gym Friday at 5:30 a.m. before work and do powerlifting," he said. But if that person hates waking early, doesn't enjoy the gym, and knows nothing about weight training, those intentions will evaporate.</p> <p>Instead, consider all of the practical obstacles that stand between you and exercise, and address them. Dr. Rhodes said. Pack your gym bag the night before and set it by the door. Check public transportation schedules if you do not have a car. Plan workouts for when you are most awake and energetic, and consistently set aside that same time for exercise so that it becomes habitual.</p> <p>http://well.blogs.nytimes.com/2015/01/09/ask-well-making-exercise-a-habit/?src=aps</p> <p>1/12/2015</p>
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Agenda for Week 12

Vegetarian Diet

1. Invocation/Inspirational Reading
2. Living with Vegetarians
3. Let's go for a walk

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שֶׁהַחַיִּינוּ *who has granted us life,*

We ask that You give us the strength to complete the personal goals that we set.

וְקִיְמָנוּ *sustained us*

We thank You for bringing us together as men, brothers and friends.

וְהַגִּיעָנוּ לְזַמַּן הַזֶּה : *and enabled us to reach this occasion.*

And with Your help, we will do this together



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BHCBE Men's Club
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Agenda for Week 13

Group Weigh In

1. Invocation/Inspirational Reading
 2. Weight, Weight, Don't Tell Me!
 3. Let's go for a walk
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ברוך אתה יי אלהינו מלך העולם *Blessed are You, Lord our God, King of the Universe,*
Dear God, as we begin our journey to better health,

שהחיינו *who has granted us life,*

We ask that You give us the strength to complete the personal goals that we set.

וקיימנו *sustained us*

We thank You for bringing us together as men, brothers and friends.

והגיענו לזמן הזה *and enabled us to reach this occasion.*

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<p>A 12-Hour Window for a Healthy Weight - NYTimes.com</p> <p>Page 2 of 2</p> <p>few of the eat-anytime mice were shifted to the restricted windows midway through the study.</p> <p>By the end, the mice eating at all hours were generally obese and metabolically ill, reproducing the results of the earlier study. But those mice that ate within a nine- or 12-hour window remained sleek and healthy, even if they cheated occasionally on weekends. What's more, mice that were switched out of an eat-anytime schedule lost some of the weight they had gained.</p> <p>"Time-restricted eating didn't just prevent but also reversed obesity," says Satchidananda Panda, an associate professor at the Salk Institute who oversees the studies. "That was exciting to see." Mice that consumed regular kibble in fixed time periods also had less body fat than those that ate the same food whenever they chose.</p> <p>Precisely how a time-based eating pattern staved off weight gain and illness is not fully understood, but Dr. Panda and his colleagues believe that the time at which food is eaten influences a body's internal clock. "Meal times have more effect on circadian rhythm than dark and light cycles," Dr. Panda says. And circadian rhythm in turn affects the function of many genes in the body that are known to involve metabolism.</p> <p>To date, Dr. Panda's studies have been conducted with only mice, but he says the results seem likely to apply to humans. The upshot: Contain your eating to 12 hours a day or less. And pay attention to when you begin. The clock starts, Dr. Panda says, with "that first cup of coffee with cream and sugar in the morning."</p> <p><small>A version of this article appears in print on 01/18/2015, on page M218 of the New York edition with the headline: Feeding Time.</small></p> <p>© 2015 The New York Times Company</p> <p>http://wellblogs.nytimes.com/2015/01/15/a-12-hour-window-for-a-healthy-weight/?re=aps</p> <p>1/26/2015</p>	<p>A 12-Hour Window for a Healthy Weight - NYTimes.com</p> <p>Page 1 of 2</p> <p>The New York Times</p> <p>DIETING AND WEIGHT NYT NOW</p> <p>A 12-Hour Window for a Healthy Weight</p> <p>By Gabriel Rovinsky</p> <p>January 15, 2015 10:00 am</p> <p>This article appeared in the January 18, 2015 issue of <i>The New York Times Magazine</i>.</p> <p>Scientists, like mothers, have long suspected that midnight snacking is inadvisable. But until a few years ago, there was little in the way of science behind those suspicions. Now, a new study shows that mice prevented from eating at all hours avoided obesity and metabolic problems — even if their diet was sometimes unhealthful.</p> <p>Researchers at the Salk Institute for Biological Studies in San Diego and elsewhere began experimenting with the eating patterns of laboratory mice in a previous study. On that occasion, some mice consumed high-fat food whenever they wanted; others had the same diet but could eat only during an eight-hour window. None exercised. The mice that ate at all hours soon grew chubby and unwell, with symptoms of diabetes. But the mice on the eight-hour schedule gained little weight and developed no metabolic problems. Those results were published in 2012.</p> <p>For the new study, which appeared in the <i>Journal Cell Metabolism</i> in December, Salk scientists fed groups of adult males one of four diets: high-fat, high-fructose, high-fat and high-sucrose, and regular mouse kibble. Some of the mice in each dietary group were allowed to eat whenever they wanted throughout their waking hours; others were restricted to feeding periods of nine, 12 or 45 hours. The caloric intake for all the mice was the same.</p> <p>Over the course of the 38-week experiment, some of the mice in the time-restricted groups were allowed to cheat on weekends and eat whenever they chose. A</p> <p>http://wellblogs.nytimes.com/2015/01/15/a-12-hour-window-for-a-healthy-weight/?re=aps</p> <p>1/26/2015</p>
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Agenda for Week 17

Eat This...Not That

1. Invocation/Inspirational Reading
2. Eat this, not that
3. Let's go for a walk

ברוך אתה יי אלהינו מלך העולם *Blessed are You, Lord our God, King of the Universe,*
Dear God, as we begin our journey to better health,

שהחיינו *who has granted us life,*

We ask that You give us the strength to complete the personal goals that we set.

וקיימנו *sustained us*

We thank You for bringing us together as men, brothers and friends.

והגיענו לזמן הזה *and enabled us to reach this occasion.*

And with Your help, we will do this together



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Wellness Initiative

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EAT THIS...NOT THAT For Weight Management

- Dunkin Donuts:** Sugar Glazed Donut with Iced Skim Latte
Sesame Seed Bagel with Cream Cheese
- Panera:** Half Asiago Roast Beef and Half Classic Salad with Asian Sesame Vinaigrette
Chicken Cobb with Avocado and Buttermilk Ranch
- Panera II:** Bowl of tomato bisque with whole grain baguette
Bread bowl of tomato bisque
- At the Bar:** Bloody Mary
Margarita
- Bread:** Whole Wheat Bread
Brown Wheat Bread
- Rice:** Brown Rice
White Rice

Beth Hillel
CONGREGATION
Bnai Emunah
MEN'S CLUB

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Wellness Initiative

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Agenda for Week 20

We've Done It!

1. Invocation/Inspirational Reading
2. A few reminders
3. What's next?
4. Final Results
5. Let's go for a walk

ברוך אתה יי אלהינו מלך העולם *Blessed are You, Lord our God, King of the Universe,*
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והגיענו לזמן הזה: *and enabled us to reach this occasion.*

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Beth Hillel
CONGREGATION
Bnai Emunah
MEN'S CLUB