



The Navajo Nation
Office of the President and Vice President

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FOR IMMEDIATE RELEASE

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**President Nez kicks off the 9th Annual
Running for a Stronger and Healthier Navajo Nation**



PHOTO: President Jonathan Nez joins participants for the start of the 9th Annual Running for a Stronger and Healthier Navajo Nation in Ramah, N.M. on July 8, 2019.

RAMAH, N.M. – Navajo Nation President Jonathan Nez joined the Navajo Nation Special Diabetes Program and runners on Monday, for the official start of the 9th Annual Running for a Stronger and Healthier Navajo Nation in the community of Ramah, N.M. to promote healthy lifestyles, diabetes prevention, and to bring awareness to obesity, cancer, and chronic diseases.

This year's 226-mile event will include a run through the Pueblo of Zuni and proceed through Chichiltah Chapter, Bread Springs Chapter, Red Rock Chapter, Manuelito Chapter, Tseyatoh Chapter, and then to Lupton Chapter, Houck Chapter, Pine Springs Community, and St. Michaels Chapter. On July 14, the participants will proceed to Window Rock where they will join horseback riders, bike riders, and others to commemorate the start of the 2019 Summer Council Session, which begins on July 15.

“We are very thankful to the Zuni Governor and the Zuni Tribal Council for partnering with the Navajo Nation for this year’s event, as the Nez-Lizer Administration continues our commitment to empowering our communities by promoting healthy and active lifestyles, especially among our young people,” said President Nez.

The Special Diabetes Program is coordinating this year’s run with the help of the Zuni Healthy Lifestyles Program.

On June 22, President Nez and Pueblo of Zuni Gov. Val R. Panteah signed a proclamation highlighting the event, and states that all Navajo Nation Chapter affiliates and Pueblo of Zuni divisions and departments, health care facilities, school health, athletic programs, local communities and national organizations will combine efforts, strategic partners, and volunteers to coordinate a successful run across the Zuni Tribal lands and across the Navajo Nation.



PHOTO: President Jonathan Nez runs with participants of the 9th Annual Running for a Stronger and Healthier Navajo Nation in Ramah, N.M. on July 8, 2019.

President Nez and Vice President Myron Lizer will join the runners throughout the week, and they invite the public to join as well. The Nez-Lizer Administration is also allowing Executive Branch employees up to four hours of administrative leave to participate in this week’s run, with prior approval of their immediate supervisor.

“Working together, we can combat diabetes, high blood pressure, and other health issues, so please come out and join us,” said Vice President Lizer.

For more information about the Navajo Nation Special Diabetes Program, please visit <http://www.nnsdp.org/>

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