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Navajo President Vice President Jim Invites Everyone to Participate in 3rd Annual Health Run



Vice President Rex Lee Jim (left center) walks in the 2nd Annual Running for a Stronger and Healthier Navajo Nation with Council Delegate George Apachito (left). In all nearly 400 miles were walked or ran during last years event.

WINDOW ROCK, Ariz. – Navajo Nation Vice President Rex Lee Jim invites everyone to participate in the 3rd Annual Running for a Stronger and Healthier Navajo Nation that is slated to begin on Sunday, Oct. 20 in LeChee, Ariz.

“The goal is to improve the quality of health for our people, and hopefully reduce health care costs associated with obesity, diabetes, cancer, substance abuse, and mental health issues,” Vice President Jim said.

Beginning Sunday, in coordination with the Navajo Nation Special Diabetes Project, people will trek across the Navajo Nation and are expecting to travel nearly 400 miles. The event is scheduled to close on Saturday, Oct. 26, in Ojo Encino, N.M.

Along the route, 20 communities have been identified to host a health fair that is open to the public. The fairs will include free health screenings and wellness education booths from local and surrounding health programs.

“I would like to see all health programs participate this year by taking responsibility for a certain section of the run between chapters by recruiting runners and walkers; and by working with chapters for health fairs and informing the local people about living healthy lives,” Vice President Jim said.

President Ben Shelly appointed Vice President Jim to lead the Shelly/Jim Administration with health and education initiatives on the Navajo Nation.

“Vice President Jim is a well known leader in education and health issues. He is making our nation stronger with new educational goals. He leads our health initiatives by example. I am asking everyone to participate this year in the Running for a Stronger and Healthier Navajo Nation,” President Shelly said.

Vice President Jim added that running builds strength of character.

“We are a strong people and have endured through many trials, but in looking at the future, we want our people to be stronger and healthier. We have many strong runners on the Navajo Nation, but we want people of all ages participating in this run to improve their health.”

The following is a schedule of communities that will be on the run route:

October 20, 2013:

LeChee Chapter, Coppermine Chapter, Kaibeto Chapter, and Inscription House.

October 21, 2013:

Inscription House Chapter, Shonto Chapter, Black Mesa Market and Forest Lake Chapter.

October 22, 2013:

Forest Lake, Black Mesa Chapter, Rough Rock Chapter, Many Farms Chapter and Round Rock Chapter.

October 23, 2013:

Round Rock Chapter, Lukachukai Chapter, Red Valley Chapter and Sanostee Chapter.

October 24, 2013:

Sanostee Chapter, Two Grey Hills Chapter, Newcomb Chapter, and Burnham Chapter.

October 25, 2013:

Burnham Chapter, Huerfano Chapter, and Nageezi Chapter.

October 26, 2013:

Nageezi Chapter, Counselor Chapter, and Ojo Encino Chapter.

For more information please visit <http://nnsdp.org/RSHNN.aspx>.

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