



The Navajo Nation
Office of the President and Vice President

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FOR IMMEDIATE RELEASE

August 18, 2020

**Nez-Lizer sign proclamation to recognize the
10th Annual "Running for a Stronger and Healthier Navajo Nation"**

WINDOW ROCK, Ariz. – Navajo Nation President Jonathan Nez and Vice President Myron Lizer were joined by the Navajo Nation Special Diabetes Program, 24th Navajo Nation Council Delegate Edison Wauneka, and Miss Navajo Nation Shaandiin Parrish on Monday, as they signed a proclamation to recognize the 10th Annual "Running for a Stronger and Healthier Navajo Nation," which promotes health, prevents diabetes, reduces health-care costs, and brings awareness to obesity, cancer, and chronic diseases.

This year's "Running for a Stronger and Healthier Navajo Nation" event will be a virtual run, beginning on September 7 to November 14, and themed as "Rise to Resilience, Rise to Strength and Rise to Beauty."

"Join us as we celebrate the 10th Annual 'Running for a Stronger and Healthier Navajo Nation' Virtual Run. Through the discipline and cultural teachings of running and physical activity, we can bring hope, resilience, and strength to our people and ourselves. Let us use this opportunity to prepare and strengthen our well-being so that we may continue to fight against this invisible monster called the coronavirus," said President Nez.

During the virtual run, participants will have the opportunity to choose their physical activity, such as walking, dancing, running, hiking, or horseback riding. Participants will monitor their daily physical activity miles and locations weekly for a duration of 10 weeks.

"This is also a great occasion to have leadership participate and become role models for others. It is good to see President Nez as a role model for health initiatives. As leaders, we need to continue to support health events and projects that will help sustain our future," said Delegate Wauneka.

President Nez and Vice President Lizer will join the virtual event, and they invite and encourage all Navajo citizens to support and participate in the wellness campaign.

"The event is open to all ages and to anyone willing to make a healthy lifestyle change. This is an opportunity for everyone to select their own health goals to achieve. Join with your family, and

we can combat diabetes, high blood pressure, and other health issues together," said Vice President Lizer.

The virtual "Running for a Stronger and Healthier Navajo Nation" is coordinated by the Navajo Nation Special Diabetes Program. For more information, visit: <https://www.nnsdp.org>.

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For the latest news from the Office of the President and Vice President, please visit <http://www.opvp.navajo-nsn.gov/> or find us on Facebook, Twitter, and Instagram.



THE NAVAJO NATION

Proclamation

RECOGNIZING "RUNNING FOR A STRONGER AND HEALTHIER NAVAJO NATION"

WHEREAS, the "Running for a Stronger and Healthier Navajo Nation" is a health initiative to bring awareness of responsibility to the Navajo Nation and will begin the Tenth Annual Running for a Stronger and Healthier Navajo Nation in virtual form; and

WHEREAS, the goal of "Running for a Stronger and Healthier Navajo Nation" is to promote health, prevent diabetes, reduce health-care costs, bring awareness to obesity, cancer, chronic diseases, all to "Rise to Resilience, Rise to Strength and Rise to Beauty", and

WHEREAS, the "Running for a Stronger and Healthier Navajo Nation" is coordinated by the Navajo Nation Special Diabetes Program, which promotes awareness and increased education on daily exercise and making healthier lifestyle choices aimed to prevent diabetes, and

WHEREAS, the route for the run will be virtual, allowing participants the opportunity to choose their own starting line and ending line. The participant will monitor their daily physical activity miles and location on a weekly basis for a duration of ten weeks. They will have the choice to select their physical activity such as walking, dancing, running, hiking, horseback riding, throughout Navajo Land; and

WHEREAS, the "Running for a Stronger and Healthier Navajo Nation" encourages people of all ages to safely participate. This is an opportunity for individuals to select their own healthy goal to achieve, and

NOW, THEREFORE, I, JONATHAN NEZ, President of the Navajo Nation, and **I, MYRON LIZER**, Vice President of the Navajo Nation, do hereby proclaim support and commitment of the wellness campaign from September 7, 2020 through November 14, 2020, and adhere to the health initiative established; and hereby request and encourage all Navajo citizens to support and participate in the "Running for a Stronger and Healthier Navajo Nation" wellness campaign.

PROCLAIMED THIS 17TH DAY OF AUGUST 2020


Jonathan Nez, *President*
THE NAVAJO NATION


Myron Lizer, *Vice President*
THE NAVAJO NATION

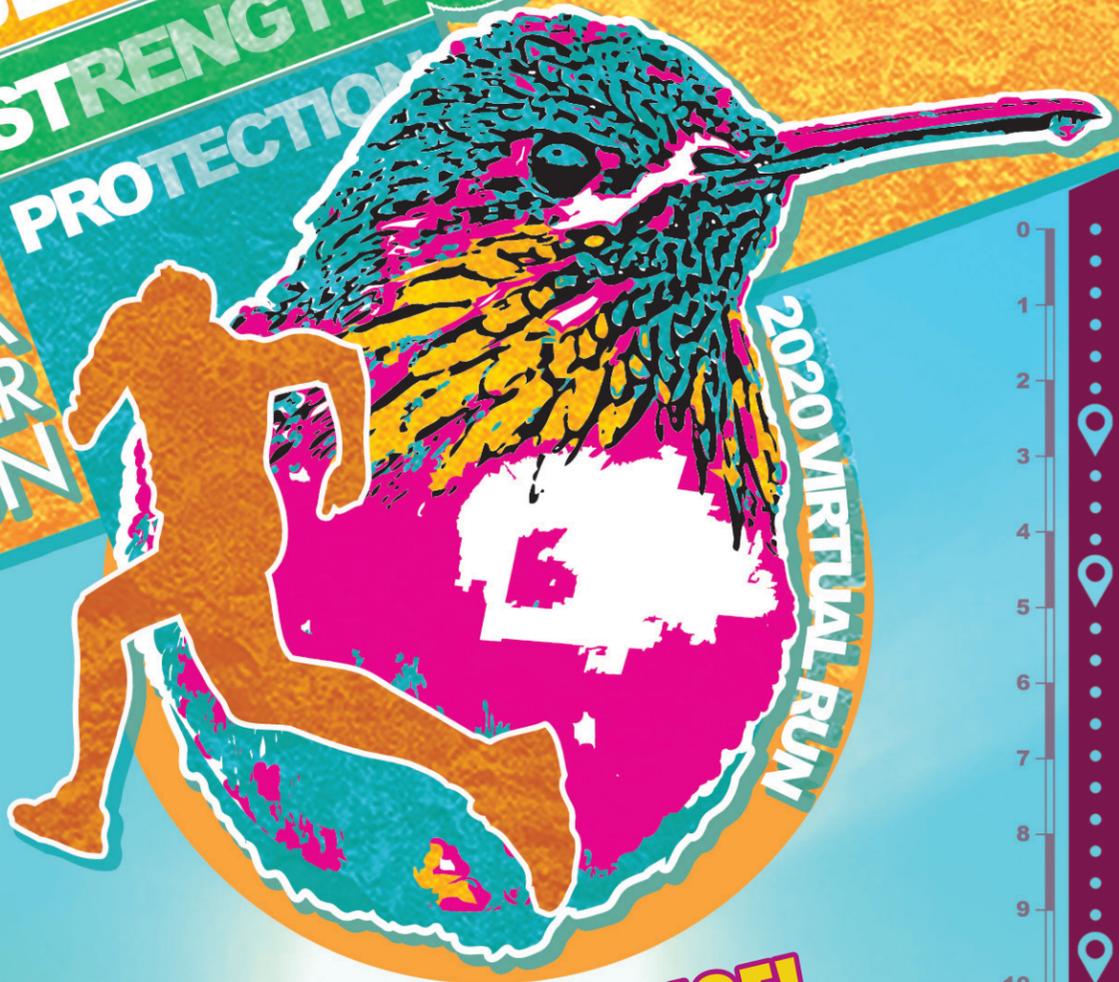


STARTS:
SEPTEMBER 7TH, 2020
ENDS:
NOVEMBER 14TH, 2020
(10 WEEKS)

PRESENTS

**RISING FOR
 RESILIENCE
 BEAUTY
 STRENGTH
 PROTECTION**

**10TH ANNUAL
 RUNNING FOR A
 STRONGER & HEALTHIER
 NAVAJO NATION**



**RISING TO THE CHALLENGE!
 CHOOSE BETWEEN ROUTES OF
 3K, 5K 10K or HALF MARATHON.
 WITHIN YOUR COMMUNITY
 THROUGHOUT THE NAVAJO
 RESERVATION.**



"Join us as we celebrate the 10th Annual' Running for a Stronger and Healthier Navajo Nation' Virtual Run. Through the discipline and cultural teachings of running and physical activity, we can bring hope, resilience, and strength to our people and ourselves. Let us use this opportunity to prepare and strengthen our well-being so that we may continue to fight against this invisible monster called the coronavirus."

- NAVAJO NATION PRESIDENT
 JONATHAN NEZ



www.nnsdp.org

@navajodiabetesprogram
 @wrwellnesscenter

Disclaimer: *The Navajo Nation Special Diabetes Program is NOT responsible for any loss, due to accidents, theft, bodily injury, and/or loss of property.
"THE ULTIMATE CHOICE TO HEALTHY LIVING BEGINS WITH ME!"

NNSDP - Central Office Phone: 928-871-6532	NNSDP - Crownpoint Service Area Phone: 505-786-2372	NNSDP - Shiprock Service Area Phone: 505-368-1382
NNSDP - Window Rock Wellness Center Phone: 928-871-7870	NNSDP - Dilkon Service Area Phone: 928-657-8119	NNSDP - Tuba City Service Area Phone: 928-283-3058
NNSDP - Chinle Service Area Phone: 928-674-2422	NNSDP - Kayenta Service Area Phone: 928-697-5670	NNSDP - Fort Defiance Service Area Phone: 928-729-4490