



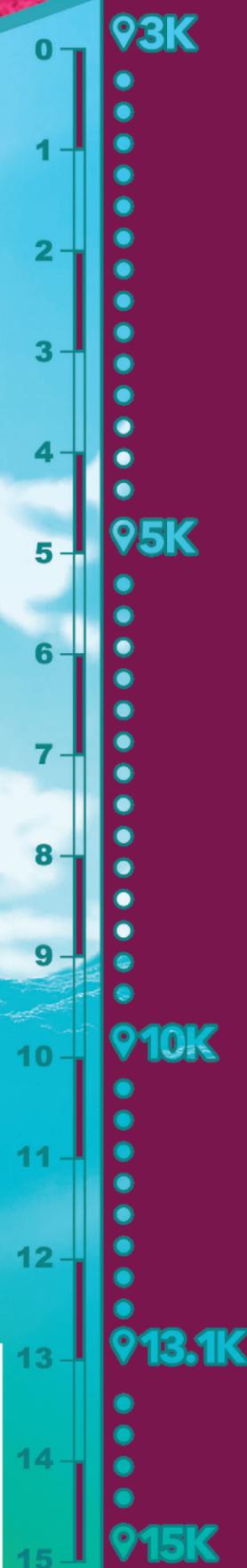
SEPTEMBER 7TH TO NOVEMBER 14TH (10 WEEKS)

10<sup>TH</sup> ANNUAL

RUNNING FOR A STRONGER & HEALTHIER NAVAJO NATION



RISING TO THE CHALLENGE! 3K, 5K, & 10K



"Join us in celebrating the '10th Annual - Running for a Stronger and Healthier Navajo Nation' Virtual Event. Let us use this opportunity to prepare and renew our well-being with hope, resilience and strengthen for our people and ourselves."

- NAVAJO NATION PRESIDENT JONATHAN NEZ



www.nnsdp.org



@navajodiabetesprogram @rwellnesscenter

Disclaimer: The Navajo Nation Special Diabetes Program is NOT responsible for any loss, due to accidents, theft, bodily injury, and/or loss of property.

BE HEALTHY. BE ACTIVE. PREVENT DIABETES.

NNSDP - Central Office  
Phone: 928-871-6532

NNSDP - Crownpoint Service Area  
Phone: 505-786-2372

NNSDP - Shiprock Service Area  
Phone: 505-368-1174

NNSDP - Window Rock Wellness Center  
Phone: 928-871-7870

NNSDP - Dilkon Service Area  
Phone: 928-657-8119

NNSDP - Tuba City Service Area  
Phone: TBA

NNSDP - Chinle Service Area  
Phone: 928-674-2422

NNSDP - Kayenta Service Area  
Phone: 928-697-5670



## 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

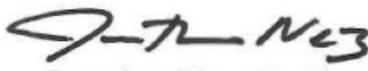
WHEREAS, the "Running for a Stronger and Healthier Navajo Nation" is coordinated by the Navajo Nation Special Diabetes Program, which promotes awareness and increased education on daily exercise and making healthier lifestyle choices aimed to prevent diabetes, and

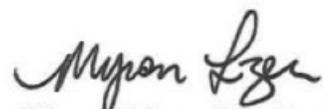
WHEREAS, the route for the run will be virtual, allowing participants the opportunity to choose their own starting line and ending line. The participant will monitor their daily physical activity miles and location on a weekly basis for a duration of ten weeks. They will have the choice to select their 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 17<sup>TH</sup> DAY OF AUGUST 2020**

  
Jonathan Nez, *President*  
THE NAVAJO NATION

  
Myron Lizer, *Vice President*  
THE NAVAJO NATION