

# Cherokee Nation Wellness programs honored by State as health business

TAHLEQUAH, Okla. - Cherokee Nation has recently been recognized as one of Oklahoma's "Certified Healthy Businesses" by the Oklahoma Academy for State Goals, the Oklahoma Turning Point Council, the State Chamber and the Oklahoma State Department of Health.

This award honors the health and wellness opportunities Cherokee Nation offers its employees. The award also cites Cherokee Nation for setting an example for other businesses to emulate and for improving the health of all Oklahomans.

"It is important to provide information and fitness activities for our employees so that they can make wise choices and improve their quality of life. Our Wellness Program is very successful, and I commend the staff for their efforts. It is quite an honor to receive this award for the third year in a row," said Chad Smith, Principal Chief of the Cherokee Nation.

Among the things the Cherokee Nation Wellness

Program currently offers is an exercise and fitness video library and numerous free health pamphlets.

"I feel very honored that Cherokee Nation has received the 'Certified Healthy Business' award this year. I hope the award is more encouragement for employees to keep striving for good health. The Wellness Program has lots to offer for employee health through education, wellness activities and local fitness centers," said Wynema Bush, Cherokee Nation Wellness Coordinator. "I hate to see employees spend lots of money for good health, and I try to educate them that the key to good health is a combination of regular exercise, in moderation, and good nutrition."

This is the third year for which Cherokee Nation received this award. Only 108 businesses in Oklahoma were so honored this year.

For more information on this award and other Cherokee Nation health initiatives, contact Wynema Bush, Wellness Coordinator, at (918) 453-5561.