

FOR IMMEDIATE RELEASE



***Follow our lead...ACT on the Trail brings Wellness activities to the Iditarod Trail Route Communities***

*Anchorage, Alaska:*

As Alaskans look forward to the upcoming 2016 Iditarod, we have a unique opportunity, through “**ACT on the Trail**,” to support both the Last Great Race and our statewide wellness initiative, [Alaskans Changing Together](#) (ACT). ACT is a bold call to action for all communities across Alaska to come together with shared hope and vision for wellness for Alaskans.

In October 2015, Governor Bill Walker and Lieutenant Governor Byron Mallott stood in support as musher and former Iditarod champion [John Baker](#) announced the start of his wellness initiative, [Alaskans Changing Together](#). Alaska’s Congressional Delegation joined them in supporting this collaborative statewide effort.

As John Baker said, “Wellness in my community, in my family, and in my team starts with me. Through the ACT initiative, we are calling on all Alaskans to be Wellness Ambassadors, and to help build a healthy support system from the ground up. I know from experience that when my dog team is healthy, we can accomplish incredible things together. So let’s all take action and become champions together.”

**ACT on the Trail** links the [Iditarod Trail Sled Dog Race](#) with Alaskans Changing Together. Iditarod is an exciting time when people from all walks of life come together to support the race and the Alaskan spirit and strength it represents. ACT represents these same values, strengthening our communities, promoting wellness.

ACT on the Trail has innovative five goals:

1. Establish Youth Councils, Wellness Coalitions, and Youth Leader Clubs at every checkpoint community along the Iditarod trail.
2. Increase community engagement with the Iditarod.
3. Promote wellness, and increase awareness and utilization of existing prevention programs.
4. Offer financial support to community organizations participating in “ACT on the Trail” that generate the greatest local positive impact.
5. Obtain a commitment from partners for sustainable statewide action

The ACT initiative builds on the successful Teck John Baker Youth Leaders program. Individuals are empowered as Wellness Ambassadors, and encouraged to promote safe living by taking action in their own lives and through united community efforts. ACT is the bridge between existing state prevention programs and communities to ensure more Alaskans have access to the support and resources they need to lead healthy, productive lives.

7 ways to take action and join our **ACT on the Trail** team:

- [Learn more about ACT on the Trail](#)

- [Discover ACT opportunities and resources](#)
- [Develop your Personal Wellness Plan](#)
- [Become a Wellness Ambassador](#)
- Form or join a local [Youth Council](#), [Wellness Coalition](#) or [Youth Leaders Club](#)
- [Foster community involvement with the Iditarod](#)
- Become an [ACT on the Trail](#) Financial Supporter

Governor Bill Walker and Lieutenant Governor Byron Mallott continue to support John Baker and the vision of Alaskans Changing Together to unite and encourage all Alaskans to commit to healthy living, as ACT works to empower individuals and communities to take positive steps in this direction.

More updates on our exciting new initiative will be sent out in coming weeks as we get closer to Alaska's great race. For more information contact Katherine Keith at [katherine@akremotesolutions.com](mailto:katherine@akremotesolutions.com).

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