



**RESOLUTION OF THE GOVERNING BODY  
OF THE  
THREE AFFILIATED TRIBES  
OF THE  
FORT BERTHOLD INDIAN RESERVATION**

**A Resolution Entitled: “Worksite Wellness Policy for the Three Affiliated Tribes”**

**WHEREAS,** This Nation having accepted the Indian Reorganization Act of June 18, 1934, and the authority under said Act and having adopted a Constitution and By-laws pursuant to said Act; and

**WHEREAS,** The Constitution of the Three Affiliated Tribes authorizes and empowers the Tribal Business Council to engage in activities on behalf of and in the interest of the welfare and benefit of the Tribes and of the enrolled members thereof; and

**WHEREAS,** Article III of the Constitution of the Three Affiliated Tribes provides that the Tribal Business Council is the governing body of the Tribes; and

**WHEREAS,** Article VI, Section 5 (l) of the Constitution of the Three Affiliated Tribes provides that the Tribal Business Council has the power to adopt resolutions regulating the procedure of the Tribal Business Council and other Tribal agencies and Tribal officials on the Reservation; and

**WHEREAS,** Comprehensive, culturally sensitive health promotion within the workplace is essential to maintain and improve the health of MHA Nation employees; and

**WHEREAS,** Employees who improve their health also reduce their probability of chronic health conditions, lower their out-of-pocket medical and pharmaceutical costs, reduce pain and suffering, have greater levels of energy and vitality, and experience increased satisfaction with their lives and jobs; and

**WHEREAS,** Employee health benefits are one of the fastest growing labor costs for employers, thus posing a serious and growing challenge to business in the United States; and

**WHEREAS,** Worksite wellness programs have been proven to help reduce the direct costs of employer-provided health care, as well as the indirect costs associated with higher rates of absenteeism, disability, and injury; and



**WHEREAS,** The Healthy People 2010 national objectives for the United States include the workplace health-related goal that at least 3/4 of United States employers, regardless of size, will voluntarily offer a comprehensive employee health promotion; and

**WHEREAS,** The National recommendation for physical activity for all adults is 30 minutes per day, and 150 minutes per week:

**NOW, THEREFORE BE IT RESOLVED,** that the Tribal Business Council of the Three Affiliated Tribes does hereby approve and support for the allowance of 30 minutes of physical activity/exercise during working hours for all full-time tribal employees, dependent upon work duties, availability, and supervisor approval in order to improve the health and well-being of all tribal employees of the Three Affiliated Tribes.




**CERTIFICATION**

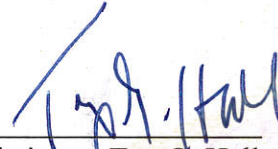
I, the undersigned, as Secretary of the Tribal Business Council of the Three Affiliated Tribes of the Fort Berthold Indian Reservation hereby certify that the Tribal Business Council is composed of seven (7) members of whom five (5) constitute a quorum, 6 were present at a Regular Meeting thereof duly called, noticed, ~~convened~~ and held on the 13<sup>th</sup> day of February, 2014, that the foregoing Resolution was duly adopted at such meeting by the affirmative vote of 6 members, 0 members opposed, 0 members abstained, 0 members not voting, and that said Resolution has not been rescinded or amended in any way.

Chairman [] Voting. [  ] Not Voting.

Dated this 13<sup>th</sup> day of February, 2014.

**ATTEST:**

  
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Executive Secretary V. Judy Brugh  
Tribal Business Council  
Three Affiliated Tribes

  
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Chairman Tex G. Hall  
Tribal Business Council  
Three Affiliated Tribes