



### Nomination for the 2018 Lifestyle Change Award

The American Heart Association wants to recognize individuals who have made positive changes to improve their quality of life and health and have influenced those around them to do the same. No change is too small; every accomplishment is significant and should be celebrated!

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers, relatives, or individuals may choose to nominate themselves. Nominees will be reviewed by a selection committee and the winner will be announced at the 2018 Palm Beach County Heart Walk on Saturday, November 17, 2018.

#### Deadline for nomination submission is October 26, 2018.

#### Nominations can be submitted via mail or email:

American Heart Association  
Attn: Heart Walk Team  
2300 Centrepark West Drive  
West Palm Beach, FL 33409  
[PBCHeartWalk@heart.org](mailto:PBCHeartWalk@heart.org)

Nominee Name \_\_\_\_\_

Company / Organization \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Who may we contact if the nominee is selected?** (Circle one)      Nominee      Nominator

Nominated by \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Relationship to Nominee \_\_\_\_\_

Please select one:

- This nominee has made a lifestyle change
- This nominee has maintained a healthy lifestyle change for a year or more
- This nominee has influenced others to make a lifestyle change

Locally Sponsored by:



## Nomination for the 2018 Lifestyle Change Award

In what way has this person improved his/her lifestyle? Please describe the person's accomplishments in the applicable areas below.

Explain what the nominee has done and how they have improved their life or the life of another.

---

---

---

Describe the nominee's biggest accomplishment, what you/they are most proud of.

---

---

---

Describe something the nominee had to overcome.

---

---

---

What are the nominee's future goals and/or what are they looking forward to?

---

---

---

If this nominee has maintained a lifestyle change for over a year, describe how this was accomplished.

---

---

---

Please include 2-3 photos to support your nomination and celebrate these achievements!

Locally Sponsored by:

