



Healthy For Good™
Heart Walk®

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NOMINATION FOR LIFESTYLE CHANGE AWARD

The American Heart Association wants to recognize individuals who have made positive changes to improve their quality of life and health. No change is too small, and every accomplishment is significant.

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers and relatives. In addition, individuals are welcome to nominate themselves. A winner will be selected and recognized at the Heart Walk.

*Deadline for nomination submission: **Thursday, April 13, 2017***

Nominations can be submitted by one of the following methods:

- Emailing the completed form to browardheartwalk@heart.org
- Contact wendy.davis@heart.org or Jamie.schempp@heart.org to arrange for pickup

Nominee Name: _____

Company/Worksite: _____

How may we contact the nominee if he or she is selected?

Phone: _____ Email: _____

Nominated by: _____

Phone: _____ Email: _____

Relationship to nominee: _____

How has this person improved his or her lifestyle? Please describe the person's accomplishments in the applicable areas below.

Increased physical activity

Healthier eating habits

Weight loss

Managing heart-related risk factors such as high blood pressure and high cholesterol

Other

Personal Story

Other information we should know. For example, what obstacles did the nominee overcome to achieve his or her successful lifestyle change?
