



# LIFESTYLE CHANGE AWARD

WEB.COM AND THE AMERICAN HEART ASSOCIATION WANT TO RECOGNIZE INDIVIDUALS WHO HAVE MADE POSITIVE LIFESTYLE CHANGES TO BECOME *HEALTHY FOR GOOD*.

NOMINATIONS FOR THE LIFESTYLE CHANGE AWARD CAN BE SUBMITTED BY FRIENDS, CO-WORKERS AND RELATIVES. IN ADDITION, INDIVIDUALS ARE WELCOME TO NOMINATE THEMSELVES. WINNERS WILL BE SELECTED BY A VOLUNTEER COMMITTEE APPOINTED BY THE AMERICAN HEART ASSOCIATION.

THE LIFESTYLE CHANGE AWARD WINNER WILL BE PRESENTED AT THE 2017 FIRST COAST HEART WALK ON SEPTEMBER 16TH.

**NO CHANGE IS TOO SMALL, AND EVERY ACCOMPLISHMENT IS SIGNIFICANT!**

**THE WINNER WILL RECEIVE A HEALTH AND WELLNESS GIFT BASKET!!**

VISIT [WWW.HEART.ORG](http://WWW.HEART.ORG) TO SUBMIT NOMINATIONS BY 9/8/17.  
EMAIL [FIRSTCOASTHEARTWALK@HEART.ORG](mailto:FIRSTCOASTHEARTWALK@HEART.ORG) WITH ANY QUESTIONS.

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**web.com**

## Healthy For Good Hero – Lifestyle Change Award Nomination Form – Northeast Florida community

Healthy For Good is a revolutionary movement to inspire you to create lasting change in your health and your life, one small step at a time. The approach is simple: Eat smart. Add color. Move more. Be well.

Are you A Healthy For Good Hero that wants to be considered for the 2017 Lifestyle Change Award for the Northeast Florida Community? The American Heart Association along with Web.com wants to recognize individuals who have made or have encouraged someone to make positive changes to improve the quality of their life and health in the community.

Nominations for the Healthy For Good Hero can be submitted by friends, co-workers or relatives, and individuals can nominate themselves. The 2017 winners will be chosen by a committee selected by the American Heart Association.

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

Company/Worksite \_\_\_\_\_

Are you willing to share your story with local media?  Yes  No **How**

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Nominated By \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Relationship

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

### Please select one:

- This nominee has made a lifestyle change, Start date of 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

### Has this person made changes/influenced change in one or more of the following areas?

- Move more – Physical Activity *(examples include: started an exercise program, started or joined a walking group, joined a gym)*
- Eat smart – A nutrient dense, well balanced diet *(examples include: became educated on healthy eating and cooking, started preparing home cooked meals, plan and prep meals throughout the week to ensure a balanced diet)*
- Add color – incorporate fruits and vegetables in meals *(examples include: shops at local farmer’s market, joined a community garden, started their own garden, includes fruit or vegetables in every meal)*



Be well - includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more *(examples include: add balance through meditation, yoga, prioritized self-care)* Explain what inspired the nominee to make a positive lifestyle change.

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What one piece of advice would you give to others who are looking to improve their health?

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Describe something the nominee had to overcome.

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What's been the most rewarding outcome of your new lifestyle?

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What's been your most significant heart-healthy change? (Blood pressure, cholesterol, BMI, etc). Describe how this was accomplished.

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If you would like to share your full story, please attach it to the application. Remember that no change is too big or too small!

Please submit nomination to: [firstcoastheartwalk@heart.org](mailto:firstcoastheartwalk@heart.org) by 9/8/2017

**\*This form must be submitted with a picture of the nominated employee\***

**The 2017 winner will be notified by 9/13/2017**

**Winner will receive the EAT SMART. ADD COLOR. MOVE MORE. BE WELL Basket**