



Healthy For Good™
Heart Walk®

Lifestyle Change Awards Nomination Form

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

Nominations for Lifestyle Change Awards can be submitted by friends, co-workers or relatives, and individuals can nominate themselves.

The deadline to enter Lifestyle Change nominees is March 10, 2017. The individuals who have made the most significant changes to their lifestyle will be honored at the Heart Walk on Saturday, March 18, 2017. Award winners will be determined by the Northshore Heart Walk Team.

NOMINEE INFORMATION

First Name	Last Name
Company	
Address	City, State, Zip Code
Phone	Email Address

PERSONAL STORY

Write a brief summary explaining the nominee's healthy lifestyle goals; include details such as challenges, successes, results and other information. Please attach more pages if necessary.

YOUR CONTACT INFORMATION (IF NOMINATING SOMEONE ELSE OTHER THAN YOURSELF)

First Name		Last Name	
Phone		Email Address	
Relationship to Nominee			

Please submit your nomination form by **March 10, 201** in one of the following ways:

- E-mail to gnoheartwalk@heart.org with "Lifestyle Change Award" in the subject line.
- Fax to (504) 830-2835
- Mail to: American Heart Association
Attn: Lifestyle Change Award – Northshore Heart Walk
110 Veterans Memorial Blvd., Suite 160
Metairie, LA 70005