



Nomination for Healthy For Good Award



Walgreens and the American Heart Association want to recognize people 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 **Healthy For Good Award** (previously 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. Walgreens and the American Heart Association will present the winner with the Healthy For Good Award at the 2017 Orlando Heart Walk on September 23rd.

The **deadline for nomination submission** is **August 12, 2017**.

Nominations can be submitted by one of the following methods:

- Emailing the completed form to OrlandoHeartWalk@heart.org
- Faxing a completed form to the attention of **Greater Orlando Heart Walk** to **407-423-9415**.
- Mailing the completed form to:

Attn: Greater Orlando Heart Walk
 237 E. Marks Street
 Orlando, FL 32803

Please attach a before and after photo of the nominee with the application.

Nominee Name: _____

Company/Worksite: _____

Nominated by: _____

Phone: _____ Email: _____

Relationship to Nominee: _____

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

Phone: _____ Email: _____



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?

You may submit any additional materials (photo, additional personal story information, etc.) up until the deadline. Thank you for your nomination.