

The Lifestyle Change Award in the Central Coast is locally sponsored by:



# LIFESTYLE CHANGE AWARD NOMINATION FORM

## Lifestyle Change Nomination Application

Deadline for nomination submission: **Friday, September 1, 2017**

Completed nomination forms can be submitted by:

- E-mailing the completed form to: **Kerstin.Caujolle@heart.org**
- Faxing the completed form to: (805) 963-8866
- Mailing the completed form to: **American Heart Association**  
**212 W. Figueroa Street**  
**Santa Barbara, CA 93101**

Nominee Name:

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Company/Worksite:

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

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

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

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

Increased physical activity

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Healthier eating habits

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Weight loss

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

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Other

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Personal Story—why do you think this person deserves a Lifestyle Change Award? Did he or she lose weight? Start exercising more? Improve his or her blood pressure? Please include information regarding his or her success.

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