

# HEART WALK

American Heart Association

**2017 Southern New Jersey Spring Life Is Why Healthy For Good Campaign**

**& Celebratory Heart Walk**

**NOMINATION FOR LIFESTYLE CHANGE AWARD**

Locally Sponsored by:



The American Heart Association is looking to recognize people who have made changes that will impact their quality of life and improve their health. No change is too small, every accomplishment is significant!

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers or relatives, and individuals can nominate themselves. *(Please note: Nominees who are actively smoking are not eligible; if nominee was a smoker, he/she must have quit for at least 6 months.)*

Individuals who have made the most significant changes to their lifestyle will be honored at the

**2017 Southern New Jersey Spring Heart Walk**

Saturday, May 20, 2017

Ocean City Sports Complex, Ocean City, NJ

*Award recipients will receive a Lifestyle Change Award and be photographed at the event.*

Nomination forms will be accepted through March 30, 2017 via email to the attention of Debbie VanSant at [Debbie.VanSant@heart.org](mailto:Debbie.VanSant@heart.org)

Please include "Lifestyle Change Award Nomination" in the subject line.

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Nominee Name:

Company/Worksite:

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

Phone:

E-mail:

Nominated by:

Phone:

E-mail:

Relationship to Nominee:

**Personal Story**

What makes this person deserving of the Lifestyle Change Award? Did he/she lose weight? Lower his/her cholesterol? Improve his/her blood pressure? How has he/she increased his/her level of physical activity? Please include all information regarding his/her successes.

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Signature

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Date

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Print Name

# HEART WALK

## Lifestyle Change Recognition Process

Recognize individuals within businesses and community members for making significant lifestyle changes that include: lowering cholesterol, lowering blood pressure, smoking cessation, losing weight, starting and maintaining an exercise regimen and maintaining a healthy diet.

### Nomination Process:

- Nominate yourself or someone you know by filling out a Lifestyle Change Nomination form.
- Once submissions are reviewed, the Regional Director will contact the nominator or person who nominated himself/herself to let him/her know if he/she will be recognized.
- Winners will be recognized at the Heart Walk and have their personal stories (if agreeable) posted on a board for the participants to read at their local Heart Walk
- There may be opportunities for the Lifestyle Change Winners to speak at events.

### Frequently Asked Questions:

#### 1. Who is eligible?

*Anyone who has made a significant lifestyle change whether he/she works for an organization or is a community member. (Please note: Nominees who are actively smoking are not eligible; if nominee was a smoker, he/she must have quit for at least 6 months)*

#### 2. How old do you have to be in order to be eligible to receive recognition?

*There are no age limitations.*

#### 3. Can a group or family win an award together?

*Yes.*

#### 4. When are Lifestyle Change nominations due?

*They are accepted throughout the year, but the cutoff date is one - 2months before the local area heart walk to be eligible to win an award for that year*