



Healthy For Good™
Heart Walk®

Proudly Sponsored By:



- Have you made a lifestyle change? Lost weight? Stopped smoking?
- We are 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 the individuals themselves, friends, co-workers or relatives.
(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.)
- **Nomination forms will be accepted through September 15, 2018 via email to the attention of Patti.Harvey@heart.org**
Please include “Lifestyle Change Award Nomination” in the subject line.

Nominee Name: _____ Company/Worksite: _____

Phone: _____ E-mail: _____

Nominated by (Name if other than self): _____

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. (Photos welcomed to help tell the story.)

[illegible]

Signature

Date _____

Print Name

Nomination for Lifestyle Change Award (*condensed version*)