



## Healthy For Good™ Lifestyle Nomination Form

Healthy For Good™ is a revolutionary movement to inspire you to create lasting change in your health and your life, one small step at a time. The approach is simple: **Eat smart. Add color. Move more. Be well.**

Are you A Healthy For Good™ Hero? The *American Heart Association* and **Title Boxing Club** want to recognize individuals who have made or have encouraged someone to make positive changes to improve the quality of their life and health.

Nominations for the Healthy For Good™ Lifestyle Award can be submitted by friends, co-workers or relatives, and individuals can nominate themselves. Winners will be chosen by a volunteer committee.

### Prizes

**Gold:** 6 month membership to Title Boxing. Includes gloves, hand wraps and bag

**Silver:** 3 month membership to Title Boxing. Includes gloves and wraps

**Bronze:** 1 month membership to Title Boxing. Includes gloves and hand wraps

**Nominee Name** \_\_\_\_\_

**Company/Worksite** \_\_\_\_\_

### How may we contact the nominee if selected?

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

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

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

### Please select one:

- This nominee has made a lifestyle change
- This nominee has maintained a healthy lifestyle change for a year or more
- This nominee has influenced others to make a lifestyle change

### Has this person made changes/influenced change in one or more of the following areas?

- Eat smart.** – A nutrient dense, well balanced diet (*examples include: became educated on healthy eating and cooking, started preparing home cooked meals, plan and prep meals throughout the week to ensure a balanced diet*)
- Add color.** – incorporate fruits and vegetables in meals (*examples include: shops at local farmer’s market, joined a community garden, started their own garden, includes fruit or vegetables in every meal*)
- Move more.** – Physical Activity (*examples include: started an exercise program, started or joined a walking group, joined a gym*)
- Be well.** - includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more (*examples include: add balance through meditation, yoga, prioritized self care*)

Other Comments \_\_\_\_\_

**Explain what the nominee has done and how they have improved their life of the life of another.**

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**Describe the nominee's biggest accomplishment, what you/they are most proud of.**

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**Describe something the nominee had to overcome.**

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**What are the nominee's future goals and/or what are they looking forward to?**

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**If this nominee has maintained a lifestyle change for a year or more, describe how this was accomplished.**

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**Please submit nomination for to: Harold Wheatley at [Harold.Wheatley@heart.org](mailto:Harold.Wheatley@heart.org) by Friday, September 21<sup>st</sup> 2018**



Heart Walk®

