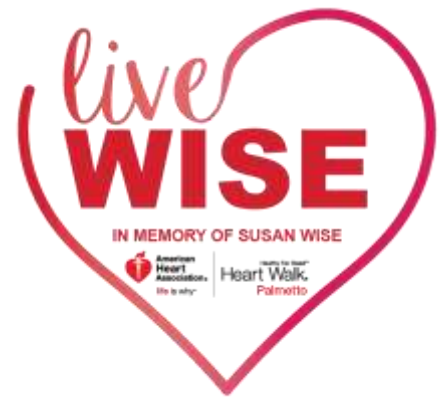


Nomination for Lifestyle Change Award



Lifestyle Change Award Sponsor:



The American Heart Association wants 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 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 and announced at the 2019 Palmetto Heart Walk / 5K Run.

Deadline for nomination submission: April 15, 2019

Nominations can be submitted by one of the following methods:

- Emailing the completed form to

carla.raines@heart.org

- Mailing the completed form to

ATTN: Lifestyle Change Award

American Heart Association – Carla Raines

PO Box 1410, Bluffton, SC 29910

**Please feel free to submit photos as well!*

Nominee Name: _____

Company/Worksite: _____

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

Phone: _____ Email: _____

Nominated by: _____

Phone: _____ Email: _____

Relationship to nominee: _____





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?

Is the nominee available to attend the Heart Walk on April 27th? Yes ___ / No ___