



LIFESTYLE CHANGE AWARD

The **American Heart Association** is looking to recognize people who have made changes that 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. Individuals can also nominate themselves.

The individual who has made the most significant changes to their lifestyle will be honored at the **2018 Southwest Louisiana Heart Walk**.

Please submit your nomination form by October 29, 2018 in one of the following ways:

E-mail: Adrianna.King@heart.org with "**2018 Southwest Louisiana Heart Walk Lifestyle Change Award**" in the subject line.

Fax: 225-293-1409

Mail: AHA, 2018 Southwest Louisiana Heart Walk Lifestyle Change Award, 2644 S. Sherwood Forrest, Suite 108- Baton Rouge, LA 70816

NOMINEE INFORMATION

First Name	Last Name
Company	
Address	City, State, Zip
Primary phone	Email

PERSONAL STORY

Write a brief summary explaining nominee's healthy lifestyle changes. How long has nominee been working towards this change and/or goal? What results have you seen? **Please attach more pages as needed.**

YOUR CONTACT INFORMATION (IF NOMINATING SOMEONE ELSE OTHER THAN YOURSELF)

First Name	Last Name
Primary phone	Email
Relationship to Nominee	