



Healthy For Good™



## Healthy For Good™ Lifestyle Award Nomination Form

Healthy For Good™ is a revolutionary movement to inspire individuals (like you!) to create lasting change in their health and their 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 or know someone who is? The American Heart Association along with Interactive Health wants 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.

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

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

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

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

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

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

Relationship to Nominee \_\_\_\_\_ Nominee Address \_\_\_\_\_

### 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)*



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Explain what the nominee has done and how they have improved their life or 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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Has the nominee's workplace influenced or supported their lifestyle changes?

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**Please submit nomination form to: [healthyforgood-chicago@heart.org](mailto:healthyforgood-chicago@heart.org) by September 5<sup>th</sup>**

"Last year we celebrated some amazing people who made inspiring health transformations. I hope you'll consider nominating someone you know for this year's Healthy for Good Lifestyle Award, especially someone who proactively took the step to learn about their health and then acted upon what they learned. This award continues to recognize those who inspire health through their remarkable stories of determination and dedication to health improvement."

**-Cathy Kenworthy, Interactive Health President and CEO and 2017 Chicago Heart Walk Co-Chair**

Healthy For Good™ Lifestyle Award sponsored locally by

