

# Lifestyle Change Award

## Nomination Form

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 can be submitted by friends, co-workers, relatives, or individuals are welcome to nominate themselves. Winners will be selected by a volunteer committee.

**The deadline for nomination submissions is October 6, 2017. Nominations can be submitted by:**

- Emailing the completed form to [jordan.perry@heart.org](mailto:jordan.perry@heart.org)
- Mailing the completed form to:

American Heart Association  
ATTN: Heart Walk Lifestyle Change Award  
710 2nd Avenue Suite 900  
Seattle, WA 98104

### Nominee contact information:

Nominee name: \_\_\_\_\_ Company/Worksite: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Your contact information:

Nominated by: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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: \_\_\_\_\_

\_\_\_\_\_

Managed 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? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_