



2018 LIFESTYLE CHANGE AWARD NOMINATION FORM

Healthy For Good is American Heart Association's new campaign that Inspires and Unifies people to lead healthier lives through four key areas: **Eat Smart**—Make healthier choices each day; **Add Color**—add more fruits and vegetables; **Move More**—add more exercise; **Be Well**—reduce stress and increase overall wellbeing. Think of each as something small you can do today that will make a big difference tomorrow. You can tackle all four pillars at once, or just one at a time—but no matter where you start, we'll be there to cheer you on!

This is why the American Heart Association has established the *Lifestyle Change Award* to recognize individuals who have made significant and positive changes to improve their quality of life and overall health.

This award is presented annually to a deserving individual. Whether they have lost weight, started to eat better, improve their cholesterol through exercise and diet, or combination of these things and more, the recipient is chosen to inspire others to also improve their health.

The winner will help the American Heart Association to educate others on how to make similar lifestyle changes and reach its impact goal of improving the cardiovascular health of all Sacramentans.

Do you know someone... a coworker, family member, or friend whose health has greatly improved as a result of making long term lifestyle changes?

If you do, please share with us their stories about what they did to improve their way of living. How has this impacted their health and how have they stayed on track doing it? Did they inspire you or others? They could be selected as our winner for our *2018 Lifestyle Change Award*. This award will be presented at the 2018 Sacramento Heart Walk on September 29, 2018.

***No change is too small; every accomplishment is significant
and should be celebrated!***

Deadline for nomination submission: September 1, 2018

Email: kayla.tillis@heart.org

-or-

Return to your Heart Walk Coach

