

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 September 22, 2017. Nominations can be submitted by:

- Emailing the completed form to steven.shortt@heart.org
- Mailing the completed form to:

American Heart Association
ATTN: Heart Walk Lifestyle Change Award
708 Broadway
Tacoma, WA 98402

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? _____

