

# Healthy For Good™ Lifestyle Award



American  
Heart  
Association.

*Stone stacking is the art of creating sculptures by balancing rocks of all shapes and sizes without glue or wires creating beautiful, unique shapes. You are a work of art and much like the careful balance of stacked stones, you balance your life and health with the decisions you make every day.*

*The American Heart Association and R.I.A. Federal Credit Union want 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 for the Healthy For Good™ Lifestyle Award may be submitted by friends, co-workers and relatives. In addition, individuals are welcome to nominate themselves.*

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

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

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

*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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Please share nominee's future goals and/or what they are looking forward to:

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If lifestyle change has been maintained for a year or more, describe how it was accomplished:

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

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

Relationship to Nominee: \_\_\_\_\_

Nominations may be submitted by:

- Dropping off at the Financially Fit Sponsor at
  - R.I.A Federal Credit Union 4343 Utica Ridge Rd, Bettendorf, IA 52722
- E-mailing this form to: [Lori.Garrett@heart.org](mailto:Lori.Garrett@heart.org)
- Mailing this form to: Lori Garrett  
Re: Quad Cities Heart Walk  
230 16<sup>th</sup> Street, Rock Island, IL 61201

Deadline for nomination submission: **Tuesday, April 30, 2019**

Healthy for Good Nominations sponsored locally by:

