

Lifestyle Change Award Application

2019 Metro Jackson Heart Walk



American Heart Association®
Heart Walk®

Lifestyle Change award locally sponsored by



American Heart Association is looking to recognize people who have made changes that will impact their quality of life and improve their health. No change is too small, every accomplishment is significant!

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers or relatives, and individuals can nominate themselves.

The individuals who have made the most significant changes to their lifestyle will be honored at the Metro Jackson Heart Walk on November 2nd at the Mississippi State Capitol.

Please submit your nomination form by Friday, October 18th to:

Jill.Strickland@heart.org

Put "Lifestyle Change Award" in subject line.

Submit photo of the nominee with the application.

NOMINEE INFORMATION

First Name

Last Name

Company
Name

Address

City

State

Zip Code

Phone

E-mail Address

PERSONAL STORY

What makes this person worthy of the Lifestyle Change Award? Did they lose weight? Lower their cholesterol? Improve their blood pressure? How have they increased their level of physical activity? Please include all information regarding their successes.

YOUR CONTACT INFORMATION (IF NOMINATING SOMEONE ELSE OTHER THAN YOURSELF)

First Name

Last Name

Phone

Email Address

Relationship to Nominee