



American Heart Association.

Healthy for Good™

HEALTHY FOR GOOD™ LIFESTYLE AWARD

NOMINATION FORM

Healthy for Good is a revolutionary movement to inspire individuals (like you!) to create lasting change in their health and their life, one small step at a time. The approach is simple: Eat smart. Add color. Move more. Be well.

Are you a Healthy for Good hero or know someone who is? The American Heart Association along with Associates of Dental Arts wants to recognize individuals who have made or have encouraged someone to make positive changes to improve the quality of their life and health.

Nominations for the Healthy for Good Lifestyle Award can be submitted by friends, co-workers or relatives, and individuals can nominate themselves. Winners will be chosen by a volunteer committee.

Nominee Name: _____

Company/Worksite: _____

How may we contact the nominee if he or she is selected?

Phone: _____ Email: _____

Nominated By: _____

Phone: _____ Email: _____

Relationship to Nominee: _____ Nominee Address: _____

Please select one:

- This nominee has made a lifestyle change
- This nominee has maintained a healthy lifestyle change for a year or more
- This nominee has influenced others to make a lifestyle change

Has this person made changes/influenced change in one or more of the following areas?

- Eat Smart. - A nutrient dense, well-balance diet (*examples include: became educated on healthy eating and cooking, started preparing home-cooked meals, plan and prep meals throughout the week to ensure a balanced diet*)
- Add Color. - Incorporate fruits and vegetables in meals (*examples include: shops at local farmers' market, joined a community garden, started their own garden, includes fruits or vegetables in every meal*)
- Move More. - Physical Activity (*examples include: started an exercise program, started or joined a walking group, joined a gym*)
- Be Well. - Includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more (*examples include: add balance through meditation, yoga, prioritized self care*)



Explain what the nominee has done and how they have improved their life or the life of another.

Describe the nominee's biggest accomplishment, what you/they are most proud of.

Describe something the nominee had to overcome.

What are the nominee's future goals and/or what are they looking forward to?

If this nominee has maintained a lifestyle change for a year or more, describe how this was accomplished.

Has the nominee's workplace influenced or supported their lifestyle changes?

Please submit nomination form to Kayla Moore: kayla.moore@heart.org

"We invite you to nominate an individual for the Healthy for Good Lifestyle Award. This award is meant to recognize someone who has made healthy changes or inspires others to make healthy changes for life. At Associates of Dental Arts, we strive to educate and help families become healthier from inside to out. Taking care of yourself, managing stress, eating healthy, and being more active are all important aspects needed for a healthy lifestyle. If you know someone who embodies these aspects or has made strides in living a healthier life, please nominate them. We are excited to encourage and recognize healthy changes for good."

Healthy for Good™ Lifestyle Award sponsored locally by

