NOMINATION FOR LIFESTYLE CHANGE AWARD

- Have you made a lifestyle change? Lost weight? Stopped smoking?
- We are 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 the individual himself or herself, friends, co-workers or relatives. *(Please note: Nominees who are actively smoking are not eligible; if nominee was a smoker, he/she must have quit for at least 6 months.)*
- Nomination forms will be accepted until October 1st, 2019 *to be considered for recognition at our 2019 Greater Northern NJ Heart Walk on Sunday, October 20th.*

Please return nominations via e-mail to Jennifer.Lynam@heart.org and please include "Lifestyle Change Award Nomination" in the subject line. Thank You.

Nominee Name: _____ Company/Worksite: _____

Phone: _____ E-mail: _____

Nominated by (name if other than self): _____

Phone: _____ E-mail: _____

Personal Story

What makes this person deserving of the Lifestyle Change Award? Did he/she lose weight? Lower his/her cholesterol? Improve his/her blood pressure? How has he/she increased his/her level of physical activity?

Please include all information regarding your/his/her successes. (Photos welcome to help tell the story.)

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Signature Date

_____

Print Name

Nomination for Lifestyle Change Award *(condensed version)*