



American Heart Association®

America's Greatest  
Heart Run & Walk™

## Lifestyle Change Award

Heart disease and stroke remain the No. 1 and No. 5 killers of Americans, although largely preventable. This is why the American Heart Association (AHA) establishes the *Lifestyle Change Award* to recognize individuals who have made significant and positive changes to improve their quality of life and overall health. This award is presented annually to a deserving individual. Whether they have lost weight, started to eat better, improve their cholesterol through exercise and diet, or a combination of these things and more. The recipient is chosen to inspire others to improve their health. The winner will help the AHA to educate others on how to make similar lifestyle changes and reach its impact goal of improving cardiovascular health in our community.

*Do you know someone ... a coworker, a family member or a friend whose health has greatly improved as a result of making long term lifestyle changes?*

If you do, please share with us their story about what they did to improve their way of living. How has this impacted their health and how have they stayed on track doing it? Did they inspire you or others? They could be selected as our winner for our *2020 Lifestyle Change Award*. This award will be presented at the 2019 America's Greatest Heart Run & Walk on March 7, 2020.

Nominations can be submitted by:

Completing the online application:	<a href="#">2020 Lifestyle Change Award Nomination Form</a>
Emailing the completed form to:	<a href="mailto:heartofutica@heart.org">heartofutica@heart.org</a>
Mailing the completed form to:	American Heart Association Lifestyle Change Nomination 125 Business Park Drive, Suite 106 Utica, NY 13502

Questions? Call 315.580.3964

Deadline for nomination submission: February 1, 2020

**No change is too small; every accomplishment is significant and should be celebrated!**



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## Lifestyle Change Award Application

### Nominee Information:

Name: \_\_\_\_\_ Company/Worksite: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Nominated by:

Name: \_\_\_\_\_ Relationship to Nominee: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

In what way has this person improved his or her lifestyle? Please describe the person's accomplishments in the applicable areas below.

- Increased physical activity

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- Healthier eating habits/weight loss

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- Managing heart-related risk factors

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- Changing the lifestyle, not only of themselves, but of those around them

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Personal story – Why do you think this person deserves the Lifestyle Change Award? Pictures speak volumes – feel free to include photos to support your nomination! (Please type or print clearly- 200 words or less, add additional sheet if necessary)

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