

HEALTHY FOR GOOD LIFESTYLE AWARD NOMINATION



American Heart Association.
Heart Walk

- 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 Healthy for Good Lifestyle 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 through June 15th, 2021.**

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Please return nominations via email to the attention of emma.kimencour@heart.org and please include "Lifestyle 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 Award? Did he/she lose weight? Lower his/her cholesterol? Improve his/her blood pressure? How has his/her level of physical activity increased?

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

Signature

Date

Print Name

Nomination for Lifestyle Award