



Healthy for Good Lifestyle Change Award

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Nomination Form

- 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 Change Award can be submitted by the individual himself/herself, friends, co-workers or relatives.
- Individuals who are actively smoking are not eligible for nomination; if an individual was a smoker, he/she must have quit for at least the past 6 months.
- **Please submit nominations by April 21, 2021** to be considered for recognition at the Greater New Haven Heart Walk, a Digital Campaign Experience, on Saturday, May 1, 2021.

Please return nomination form via e-mail to Alicia.Young@heart.org and include "Lifestyle Change Award Nomination" in the subject line.

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.)

Print Name

Signature

Date