



American Heart Association®

Heart and Stroke Walk™

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Lifestyle Award Nomination Form

Healthy For Good™ is a revolutionary movement to inspire you to create lasting change in your health and your 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? The American Heart Association *along with Pacific Coast Building Products, Inc.* 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 Change 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 _____ E-mail _____

Nominated By _____

Phone _____ E-mail _____

Relationship to Nominee _____

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 balanced 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 farmer's market, joined a community garden, started their own garden, includes fruit 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*)



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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.

Please submit this form to Carrie.Vines@heart.org by Wednesday, Sept 15, 2021.