

LIFESTYLE CHANGE AWARD

The American Heart Association will recognize an individual who has made one or more positive changes to improve their health.

[Submit Your Nomination](#)

No change is too small. We believe every accomplishment is significant and should be celebrated! This award will be given to an individual who has:

- Made lifestyle changes, such as adding physical activity, eating healthier, making time for overall well-being such as the addition of daily meditation, etc.
- Continued their journey to heart health by remaining committed to the change they have previously made and continue to act as an inspiration to others
- Inspired, motivated, or coached others to make a change leading to better heart health

****Note: Nominees must be a non-smoker or have quit smoking/vaping for a minimum of 6 months.*

Nominations can be submitted by friends, co-workers, relatives—or you can even self-nominate! A selection committee will choose the winner, who will be recognized at the Richmond Heart Walk on Saturday, October 19, 2024 at Innsbrook. The deadline to submit nominations is September 30, 2024.

Submit your nomination using [this form](#) today.