

HEALTHY FOR GOOD LIFESTYLE AWARD

NJM Insurance Group and the American Heart Association want to recognize an individual who has made positive changes to improve his or her quality of life and health and influenced those around him or her to do the same. **No change is too small; every accomplishment is significant and should be celebrated!**

This award is given to the top individual who has:

1. *Made the most significant and overall lifestyle change, such as adding physical activity, changing his or her unhealthy eating habits, making time for overall well-being such as the addition of daily meditation, etc.*
2. *Continued on a journey to heart health by remaining committed to the changes he or she has previously made and continues to act as an inspiration to others.*
3. *Inspired, motivated, or coached another individual in making a transformation leading to better heart health.*

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

Nominations can be submitted by friends, co-workers, relatives, or individually. Winners will be chosen by a selection committee and presented to the winner at a ceremony on an agreed-upon date by NJM Insurance Group and the winner.

Deadline for nomination submission:

October 22, 2021

Nominations can be submitted by:

- Emailing the completed form to:
- OR
- Mailing the completed form to:

Kelly.McManus@heart.org

American Heart Association
 Attn: Philadelphia Heart Walk
 1617 JFK Blvd., Suite 700
 Philadelphia, PA 19103

Nominee Name _____

Company/Worksite _____

How may we contact the nominee if he/she is selected?

Phone _____ Email _____

Nominated by _____

Phone _____ Email _____

Relationship to Nominee _____

HEALTHY FOR GOOD LIFESTYLE AWARD

.....

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

Healthier eating habits/weight loss

Managing heart-related risk factors

Positive changes to his or her lifestyle, as well as the lifestyles of others

Other. Personal story (Why do you think this person deserves a Healthy for Good Lifestyle Award? Please include information regarding his or her success.)

Photo attached (optional)