



American Heart Association.

Healthy for Good™

Lifestyle Change 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 and [Hawaiian Airlines](#) want 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 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*)

Explain what the nominee has done and how they have improved their life of 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 nomination for to:
Joann.Yang@heart.org by July 24, 2019.