



American Heart Association®
Heart Walk & Run™

Presented Locally By:



CONSILIARIUM

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2020 Lifestyle Change Award Nomination Form

Heart diseases and stroke are the No. 1 and No. 3 causes of death in the Rochester Region, although largely preventable.

This is why the American Heart Association has established the *Lifestyle Change Award* to recognize individuals who have made significant and positive changes to improve their quality of life and overall health.

This award is presented annually to a deserving individual. Whether they have lost weight, started to eat better, improve their cholesterol through exercise and diet, or combination of these things and more, the recipient is chosen to inspire others to also improve their health.

The winner will help the American Heart Association to educate others on how to make similar lifestyle changes and reach its impact goal of improving the cardiovascular health of all Rochesterians.

*Do you know someone...
a coworker, family member, or friend whose health has greatly improved
as a result of making long term lifestyle changes?*

If you do, *please* share with us their stories about what they did to improve their way of living. How has this impacted their health and how have they stayed on track doing it? Did they inspire you or others? They could be selected as our winner for our 2020 *Lifestyle Change Award*.

This award will be presented at the 2020 virtual Rochester Heart Walk & Run on June 20, 2020.

*No change is too small;
every accomplishment is significant and should be celebrated!*

Deadline for nomination submission: June 1, 2020

Due to working from home, please email submission.

Email: Suzanne.ventress@heart.org

Thank you!

Nominee Information:

Name: _____

Company/Worksite: _____

Email: _____

Phone: _____

Nominated by:

Name: _____

Relationship: _____

Email: _____

Phone: _____

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:

☐ Changing the lifestyle, not only of themselves, but of those around them:

☐ Personal story – Why do you think this person deserves a Lifestyle Change Award?

Pictures speak volumes – feel free to include photos to support your nomination!

(Please type or print clearly - 200 words or less, add additional sheet if necessary)

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