

Proud My Heart My Life Sponsor:

Proud Lifestyle Change Award Sponsor:



PEOPLES NATIONAL BANK



Nomination for Lifestyle Change Award

The American Heart Association wants to recognize people who have made positive changes to improve their quality of life and health. No change is too small, and every accomplishment is significant.

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers and relatives. In addition, individuals are welcome to nominate themselves. Winners will be selected by a volunteer committee.

Deadline for nomination submission: March 31, 2012

Nominations can be submitted by one of the following methods:

- **Emailing the completed form to**

beth.walker@heart.org

- **Faxing a completed form to the attention of the Lifestyle Change Award to**

618-983-4214

- **Mailing the completed form to**

ATTN: Lifestyle Change Award

American Heart Association

1300 Hazel Lane, Johnston City, IL 62951

Nominee Name: _____

Company/Worksite: _____

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

Phone: _____ **Email:** _____

Nominated by: _____

Phone: _____ **Email:** _____

Relationship to nominee: _____





How 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 such as high blood pressure and high cholesterol

Other

Personal Story — Other information we should know. For example, what obstacles did the nominee overcome to achieve his or her successful lifestyle change?
