



Locally Sponsored by:
ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL
HAMILTON

NOMINATION FOR START! LIFESTYLE CHANGE AWARD

The American Heart Association wants to recognize individuals 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 Start! Lifestyle Change Award can be submitted by friends, co-workers or relatives, and individuals can nominate themselves. Winners will be chose by a volunteer committee.

Deadline for nomination submission: August 31, 2010

Nominations can be submitted by:

- Emailing the completed form to Toray.Butler@heart.org
- Faxing the completed form to the attention of Toray Butler at 609.223.3754
- Mailing the completed form to
American Heart Association
ATTN: Greater Mercer County Start! Heart Walk
1 Union Street, Suite 301
Robbinsville, NJ 08691

Nominee Name:

Company/Worksite:

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

Phone:

E-mail:

Nominated by:

Phone:

E-mail:

Relationship to Nominee:

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 such as high blood pressure and high cholesterol:

- Other:

Personal Story – why do you think this person deserves a Start! Lifestyle Change Award? Did he or she lose weight? Start exercising more? Improve his or her blood pressure? Please include information regarding his or her success.