



## Lifestyle Change Award Nomination Form

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

Nominations for the Lifestyle Change Award can be submitted by friends, co-workers or relatives, and individuals can nominate themselves.

**Nominations will be considered July 1, 2009 through March 30, 2010.** The individuals who have made the most significant changes to their lifestyle will be honored at the Southern NJ Spring Heart Walk on May 22, 2010 in Ocean City.

You can submit your nomination form by March 30, 2010, in one of 2 ways:

- E-mail it to [debbie.vansant@heart.org](mailto:debbie.vansant@heart.org) or Sarah.Wyckoff@heart.org with "Lifestyle Change Award Submission" on the subject line.
- Give it to your company's Start! Heart Walk Company Leader or Start! Coordinator (who will see that the form is submitted to Debbie VanSant)

<b>Information About the Nominee</b>	
Name*	
Company	
Street Address*	
City, ST ZIP Code*	
Home Phone*	
Work Phone	
E-Mail Address	
<b>Your Contact Information (if nominating someone else other than yourself)</b>	
Name*	
Home or Cell Phone*	
Work Phone	
E-Mail Address	
Relationship to Nominee*	

\*Required information

\*\*\*please also fill out page 2 of this application\*\*\*

**Personal Story**

What makes this person worthy of the Lifestyle Change Award? Did they lose weight? Lower their cholesterol? Improve their blood pressure? How have they increased their level of physical activity? Please include all information regarding their successes.