



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. Submissions should be made directly to Jen Mora by email: jennifer.mora@heart.org, or fax: 561.615.8113

Deadline for the nomination submission: September 10, 2010

The Lifestyle Change Award Winner will be recognized at the 2010 Start! Heart Walk of the Palm Beaches on Saturday, October 2.

Nominations can be submitted by:

- E-mailing the completed form to jennifer.mora@heart.org
- Faxing the completed form to the attention of Jen Mora re: Start! Lifestyle Change Award at 561.615.8113
- Mailing the completed form to

ATTN: Jen Mora re: Start! Lifestyle Change Award

American Heart Association – Start! Heart Walk
 2300 Centrepark West Drive
 West Palm Beach, FL 33409



Nominee Name:

How may 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.

<input type="checkbox"/> Increased physical activity:
<input type="checkbox"/> Healthier eating habits:
<input type="checkbox"/> Weight loss:
<input type="checkbox"/> Managing heart related risk factors such as high blood pressure and high cholesterol:
<input type="checkbox"/> Other:

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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? Quit Smoking? Please include information regarding his or her success.

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