



Lifestyle Change Nomination Form

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The American Heart Association and local sponsor LabCorp want 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 can be submitted by friends, co-workers, or relatives, and individuals are welcome to nominate themselves.

Winners will be selected by a volunteer committee and recognized at the 2019 Go Red for Women Luncheon on February 20th at the Spokane Convention Center. The winner must be able to attend the luncheon.

Nominee Name _____

Company/Worksite _____

Phone _____ E-mail _____

Nominated By _____ Relationship to Nominee _____

Phone _____ E-mail _____

Has this person made changes/influenced change in one or more of the following areas?

- Healthier eating habits** *(examples include: became educated on healthy eating and cooking, started preparing home cooked meals, plan and prep meals throughout the week to ensure a balanced diet)*
- Physical Activity** *(examples include: started an exercise program, started or joined a walking group, joined a gym)*
- Managed heart-related risk factors** such as high blood pressure or high cholesterol *(examples include: learning risk factors and taking action to make a change, knowing your numbers or learning family health history)*
- Other**

Explain what the nominee has done and how they have improved their life.

Describe the nominee's biggest accomplishment, what you/they are most proud of.

Describe something the nominee had to overcome.

What are the nominee's future goals and/or what are they looking forward to?

Other information we should know?

The deadline for nomination submissions is February 1, 2019.

Nominations can be submitted by:

Emailing the completed form to ted.duncan@heart.org

Or mailing the form to:

American Heart Association
Attn: Lifestyle Change Award
140 S. Arthur St. #610
Spokane, WA 99202