

Lifestyle Change Award Nominee Application

2010 Volusia Flagler Start! Heart Walk



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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. The individuals who have made the most significant changes to their lifestyle will be honored at the Volusia Flagler Start! Heart Walk on Thursday, September 30 at the Daytona Beach Bandshell.

Please submit your nomination form in one of the following ways:

- E-mail to VolusiaFlagler@heart.org with “Lifestyle Change Award” in the subject line.
- Give it to your company’s Start! Heart Walk Coordinator.

Please attach before & after photos of the nominee with the application

All applications must be submitted by Thursday, September 23 to be eligible.

NOMINEE INFORMATION				
First Name		Last Name		
Company Name				
Address		City	State	Zip Code
Phone		E-mail Address		
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.				
YOUR CONTACT INFORMATION (IF NOMINATING SOMEONE ELSE OTHER THAN YOURSELF)				
First Name		Last Name		
Phone			Email Address	
Relationship to Nominee				