Nomination for

Lifestyle Change Award

How has this person improved his or her lifestyle? Please choose from the applicable areas below to describe and narrate the accomplishments of your nominee.
(Check all that apply)

- ○ *Increased Physical Activity*
- ○ *Healthier Eating Habits*
- ○ *Weight Loss*
- ○ *Managing heart-related risk factors (i.e. high blood pressure & high cholesterol)*
- ○ *Other* _____

Go Red for women

American Heart Association®

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SAN ANTONIO COMMUNITY HOSPITAL

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Personal Story — Other information we should know. For example, what obstacles did the nominee overcome to achieve his or her successful lifestyle change? (Use additional pages if necessary)

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Note: Nominations will be accepted until Friday, May 3, 2013

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