



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA HEALTHY LIFESTYLE CHANGE AWARD

The **YMCA of the Triangle** and the **American Heart Association** are teaming up to present the YMCA Healthy Lifestyle Change Award. Winners will be selected for making positive changes to their quality of life and health.

Four winners will receive free 3-month memberships to the YMCA of the Triangle branch of their choice. Winners will be announced at the American Heart Association Heart Walk on Sunday, Sept. 22, 2013, at 1:00 p.m.

### Categories:

- Youth (18 & under)
- Adult Male (19 & up)
- Adult Female (19 & up)
- Family

### To submit a nomination:

1. Complete a YMCA Healthy Lifestyle Change Award nomination form.
  - You may nominate a friend, a relative or yourself.
  - Nominees may be YMCA members or non-members.
  - You may be a YMCA member or non-member.
2. Email completed form to [triangle.heartwalk@heart.org](mailto:triangle.heartwalk@heart.org) or mail it to  
YMCA Healthy Lifestyle Change Award  
c/o American Heart Association  
3131 RDU Center Drive, Suite 100  
Morrisville, NC 27560
3. Emailed nominations must be received on or before Friday, Sept. 6, 2013.  
Mailed nominations must be postmarked on or before Friday, Sept. 6, 2013.

### For more information:

Contact the Wellness Director at any branch of the YMCA of the Triangle.

[www.YMCATriangle.org](http://www.YMCATriangle.org)

**Email or mail by Sept. 6, 2013:**

triangle.heartwalk@heart.org

YMCA Healthy Lifestyle Change Award  
c/o American Heart Association  
3131 RDU Center Drive, Suite 100  
Morrisville, NC 27560

# YMCA HEALTHY LIFESTYLE CHANGE AWARD Nomination Form

Your Name \_\_\_\_\_

YMCA Branch (if any) \_\_\_\_\_

Relationship to Nominee \_\_\_\_\_

Your Phone \_\_\_\_\_

Your Email \_\_\_\_\_

Nominee's Name(s) \_\_\_\_\_

Nominee's YMCA Branch (if any) \_\_\_\_\_

### How may we contact the nominee if he or she is selected?

Please provide phone number and/or email address.

Nominee's Phone \_\_\_\_\_

Nominee's Email \_\_\_\_\_

### Category:

- Adult
  - Male
  - Female

Child  
Child's age \_\_\_\_\_

Family

Please tell us about them \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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