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**ACTIVE TAMESIDE SPORT & PHYSICAL ACTIVITY AWARDS**

**NOMINATION FORM - 2022**



To enable us to process your nomination form, please ensure that all relevant information is completed.

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| **NOMINEE DETAILS** |
| **NOMINEE NAME** |
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| **CATEGORY –** Changing Lifestyle Award |
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| **BOROUGH** - Tameside |
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| **ADDRESS** *Please ensure that this is a personal address and not a club/work address.* |
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| **TELEPHONE NUMBER** |
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| **EMAIL ADDRESS** |
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| **NOMINATOR DETAILS** |
| **NAME OF NOMINATOR** |
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| **NOMINATOR ADDRESS** |
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| **NOMINATOR TELEPHONE NUMBER** |
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| **NOMINATOR EMAIL ADDRESS** |
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| **PLEASE COMPLETE THE RELEVANT NOMINATION FORM BELOW (THEY ARE SET UP BY CATEGORY) AND SUBMIT IT WITH THIS FRONT SHEET.** You can complete it electronically by typing into the light grey boxes or print it off and use the criteria as a template for writing the nomination. |

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| **CHANGING LIFESTYLE AWARD****ACTIVE TAMESIDE SPORT & PHYSICAL ACTIVITY AWARDS** |
| * *Please complete this nomination form and submit it with the front sheet.*
* *A MAXIMUM of 200 words for each of the criteria can be submitted, giving examples where you can.*
* *This nomination should reflect achievements in the past 12 months.*

This award is for a person who has used sport or physical activity to transform their lifestyle for the better. The nominee should be a permanent resident in the local area – Tameside. |
| **CRITERIA** |
| 1. **DESCRIBE ANY ACTIVITIES UNDERTAKEN BEFORE THE LIFESTYLE CHANGE.**
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| 1. **DESCRIBE THE LIFESTYLE CHANGES AND HOW IT HAS IMPROVED THE QUALITY OF DAY-TO-DAY LIFE.**
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| 1. **PLEASE GIVE DETAILS OF ANY HEALTH PROBLEMS AND LIMITING CONDITIONS THAT HAVE IMPROVED OR BEEN MANAGED THROUGH THESE LIFESTYLE CHANGES.**
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| 1. **PROVIDE ANY ADDITIONAL INFORMATION ON HOW THE NOMINEE’S IMPROVEMENTS HAVE INSPIRED OTHERS TO CHANGE THEIR LIFESTYLE AND BECOME MORE ACTIVE.**
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| Please return to Andy Dwyer - Active Tameside, Active Ken Ward, Hattersley Road East, Hattersley, Hyde, Cheshire, SKL14 3NL or by email: andrew.dwyer@activetameside.com |

**Closing Date – Sunday 7th August 2022**