



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

NOMINEE DETAILS**NOMINEE NAME****CATEGORY** – Changing Lifestyle Award**BOROUGH** - Tameside**ADDRESS** *Please ensure that this is a personal address and not a club/work address.***TELEPHONE NUMBER****EMAIL ADDRESS****NOMINATOR DETAILS****NAME OF NOMINATOR****NOMINATOR ADDRESS****NOMINATOR TELEPHONE NUMBER****NOMINATOR EMAIL ADDRESS**

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.

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.

2. DESCRIBE THE LIFESTYLE CHANGES AND HOW IT HAS IMPROVED THE QUALITY OF DAY-TO-DAY LIFE.

3. PLEASE GIVE DETAILS OF ANY HEALTH PROBLEMS AND LIMITING CONDITIONS THAT HAVE IMPROVED OR BEEN MANAGED THROUGH THESE LIFESTYLE CHANGES.

4. PROVIDE ANY ADDITIONAL INFORMATION ON HOW THE NOMINEE'S IMPROVEMENTS HAVE INSPIRED OTHERS TO CHANGE THEIR LIFESTYLE AND BECOME MORE ACTIVE.

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