

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

NOMINEE DETAILS**NOMINEE NAME****CATEGORY**

BOROUGH *This will determine which local awards the nominee is put forward for.*

ADDRESS *Please ensure that this is a personal not 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 RECOGNITION AWARD

TAMESIDE SPORTS AWARDS

- *Please complete this nomination form and submit 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 category requires the nominee to have changed their lifestyle through sport and physical activity.

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 at, Active Tameside, Active Ken Ward, Hattersley Road East, Hattersley, Hyde, Cheshire, SKL14 3NL or by email at – andrew.dwyer@activetameside.com

Closing Date – Sunday 5th August 2018