

HEALTHY HAYWOOD

INSPIRATION OF THE MONTH

Criteria

WHO: A Resident of Haywood County – All Ages

WHAT: Shows a healthy lifestyle change for a significant amount of time

Example: Loses weight, quits smoking, lowers cholesterol count, no longer diabetic due to weight loss and eating healthy, etc.

WHEN: Monthly nomination.

- All nominations must be submitted by the first Monday of each month to Steffie Duginske, Healthy Haywood Coordinator. (See specific dates below)

WHERE:

- Winners will be chosen at Healthy Haywood's Obesity Prevention Action Team Meetings.
- You may acquire and turn in nomination forms by contacting the Healthy Haywood Coordinator @ 2177 Asheville Road, sduginske@haywoodnc.net, or by calling 452-6675.
- Additional nomination forms can be found at Fitness Connection, Haywood Regional Health & Fitness Center, Waynesville Recreation Center & The Armory, Haywood County Recreation & Parks, World Gym Canton, Downtown Fitness Club, Curves in Canton and Waynesville, Haywood Community Connections, and the Haywood County Health Department.

WHY: To recognize someone in Haywood County for being a healthy role model and making positive lifestyle changes that support health and wellness.

HOW: Nomination by co-worker, friend, family member, etc.

- Those interested in nominating someone must complete the form found at the above locations. Also, please check with the person you're nominating to make sure they're comfortable being nominated.

NOTE:

- Each winner will have an article write up in the Mountaineer the third Friday of each month, and mentioned on The PEAK, AM 1400 once a month
- Each winner will receive a plaque courtesy of HVO Signs & Engraving and a gift from Sports Zone.