

# HEALTHY LIVING AWARDS



May 2, 2012  
The Reh-Fit Centre

## Nominate Someone and/or Your Group Today!

Do you know a person or an organization that dedicates time and energy towards helping others enjoy a healthy, active life?

The Reh-Fit Centre invites you to recognize their important contribution by nominating them for a Healthy Living Award in any of the following categories:

- Individual
- Business or Corporation
- Organization (not-for-profit with paid staff)
- Group (volunteers)

**Deadline for nominations: March 9, 2012**

**Awards will be presented: May 2, 2012**

Nominees will be provided two complimentary tickets to attend the Healthy Living Awards. This year's event will be a wine and cheese reception held at the Reh-Fit Centre.

### About the Reh-Fit Centre

Building the health of the community and encouraging people to enjoy an optimum quality of life is what the Reh-Fit Centre is all about. Our vision is to be the best health and fitness centre in Canada. We offer outstanding programs and services that help prevent and manage chronic disease, encourage healthy active living, and promote a general sense of well-being. The Reh-Fit Centre is a volunteer-driven, not-for-profit charitable organization.

### NOMINATION CRITERIA

The Selection Committee considers the achievements of nominees who have served as positive role models for others and/or made outstanding contributions to the community in the area of healthy living, such as:

#### **Serving as positive role models for others in adopting a healthy lifestyle.**

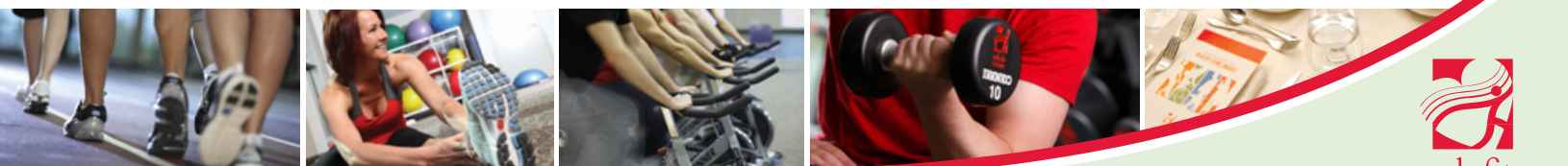
*For example:*

- have shown dedication in working with others;
- have shown themselves to be a good peer influence;
- have demonstrated innovation, vision, and spirit;
- have influenced friends, relatives, co-workers and/or neighbours in adopting healthy lifestyle practices (e.g. quit smoking, increasing physical activity).

#### **Making outstanding contributions to the community in the area of healthy living.**

*For example:*

- have been involved or are currently involved in community projects that promote healthy living and which demonstrate significant outcomes and/or innovation;
- have demonstrated commitment and leadership in supporting and promoting healthy lifestyles at the community level.



# NOMINATION FORM

PLEASE PRINT CLEARLY

Please complete the following NOMINEE information:

Nominee's Name

Nominee's Address

City/Province

Postal Code

Nominee's Home Phone

Nominee's Business Phone

Email

NOMINEE: I have read and agree with the attached nomination.

Signature of nominee

Please complete the following NOMINATOR information:

Nominator

Nominator's Address

City/Province

Postal Code

Nominator's Home Phone

Nominator's Business Phone

Email

CATEGORY

- Individual
- Business or Corporation
- Organization (not-for-profit with paid staff)
- Group (volunteers)



## NOMINATION PROCESS

The Nominator should complete the Nomination Form above and attach the following details:

### RATIONALE FOR NOMINATION

Brief resume or history of the nominee; specific actions of the nominee that demonstrates a positive role model (e.g. physical activity, tobacco cessation/reduction, promotion of healthy eating/good nutrition) and/or reflect outstanding contributions to the community that promote healthy living (maximum 2 pages).

### LETTERS OF SUPPORT

Please provide two letters of support that demonstrate the impact the nominee has made. Letter cannot be written by nominator.

### PHOTOGRAPHS

Photographs of the nominee (or corporate/group logo), which preferably reflects the activity of the individual or organization that led to the nomination. The photos will be used as part of a presentation at the Awards. Send photos (preferably in .jpeg format) on a CD or email to: [foundation@reh-fit.com](mailto:foundation@reh-fit.com).

## BIOGRAPHY FOR AWARD PROGRAM

Please provide a brief description highlighting the nominee's exceptional contributions (approx 100 words). This description will be read and displayed at the Awards Dinner. Descriptions may be edited.

### SUBMISSION

All nominations must be presented on 8.5" x 11" sheet of paper with no staples (paper clips only). Past nominees may be re-nominated. Please note that employees of the Reh-Fit Centre are not eligible to submit nominations, nor are they eligible to be nominated unless it is for activities external to the Centre.

Additional nomination forms are available at [www.reh-fit.com](http://www.reh-fit.com). Nominations must be received no later than FRIDAY, MARCH 9, 2012 AT 4:30PM at:

### Reh-Fit Centre

1390 Taylor Avenue, Winnipeg, Manitoba, R3M 3V8

Email: [foundation@reh-fit.com](mailto:foundation@reh-fit.com)

For further information, please call the Reh-Fit Centre at 488-9325.

## Previous Healthy Living Award Recipients:

### 2011

All Seniors Care Living Centres  
Jaymi Derrett  
Getty Stewart  
École Crane Wellness Committee

### 2010

David Livingston School  
EH Price Limited  
Emily Hunter  
Greg Rubell  
R.D. Parker Collegiate Physical Education Department  
U of M Bison Children's program

### 2009

Daily Health Awareness Team  
David Bosiak  
Good Food Club  
Manitoba Blue Cross  
Breda Vosters

### 2008

The Healthy Living Program - A Community Healthy Living Project  
Winnipeg Trails Association  
National Leasing  
Dr. Henry Janzen  
Lori Orchard  
Stephanie Gutnik

### 2007

Maple Leaf School  
Tamara Beauchemin  
Muriel Gamey  
Dr. Dean Kriellaars

### 2006

MacDon Industries  
Northern Healthy Foods Initiative  
The Physical Activity Coalition of Manitoba  
Jan Cherlet

### 2005

Neechi Foods Cooperative  
Steppin' Up with Confidence - Peer Leaders  
Brian McKinnon  
Betty Smith

### 2004

Good Neighbours Senior Centre  
QX 104 FM  
Dr. Dexter Harvey  
Mary Wilson  
Melvina Castel  
Cynthia Menzies

### 2003

MS Society of Canada, Manitoba Division  
St. James Assiniboia Seniors Centre  
Wolseley Family Place  
Canadian National Railway  
Gail Wylie  
Bruce Gouriluk

### 2002

The Great-West Life Assurance Co.  
Age & Opportunity St. Vital Senior Centre Cycling Group  
Health Corner / Le Coin Santé  
Carol Lezack  
Phil Shaff

### 2001

Canadian Wheat Board  
Motor Coach Industries  
Medication Information Line for the Elderly (MILE)  
Janice Filmon

### 2000

Fort Garry School Division No. 5  
Cargill Ltd.  
Manitoba Marathon  
Eastern Manitoba Square/Round Dance Association  
Dr. Elizabeth Ready  
Dr. Bruce McDonald