



The Reh-Fit Foundation

HEALTHY LIVING AWARDS

January 2010

Do you know of an individual, business, organization or group that has made a significant contribution in the area of healthy, active living? If so, we invite you to nominate them for a Healthy Living Award.

The 12th Annual Reh-Fit Foundation Healthy Living Awards will be presented on **Thursday, April 15, 2010** at The Fairmont Winnipeg during our gala evening.

The Healthy Living Awards recognize and celebrate the achievements of individuals, businesses, organizations and groups who make significant contributions to healthy living in the community. There are four award categories:

- Individual (19 years and up)
- Business or Corporation
- Organization (not-for-profit with paid staff)
- Group (volunteers)

A letter will be forwarded to nominees and nominators to confirm acceptance of the nomination. All nominees will receive two complimentary tickets to attend the event on April 15th and the opportunity to purchase up to eight tickets at a discounted rate.

We are thrilled to announce that our keynote speaker for the evening is Dr. George Zhanel, Professor–Medical Microbiology/Infectious Diseases, University of Manitoba with the topic *Germs: Can't Live With Them, Can't Live Without Them*.

The enclosed information will give you more details on the nomination process and the deadline for nominations is **February 26, 2010**. For more information, please contact the Reh-Fit Foundation at **(204) 488-9325** or foundation@reh-fit.com.

Please nominate your champion for healthy, active lifestyles!

Sincerely,

Norma Jones
Chair, Nominations Committee
12th Annual Healthy Living Awards
The Reh-Fit Foundation
www.reh-fit.com



HEALTHY LIVING AWARDS



April 15, 2010
The Fairmont Winnipeg

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 Foundation invites you to recognize their important contribution by nominating them for a Healthy Living Award in any of the following categories:

- Individual (19 years and up)
- Business or Corporation
- Organization (not-for-profit with paid staff)
- Group (volunteers)

Deadline for nominations: February 26, 2010

Awards will be presented: April 15, 2010

Nominees will be provided two complimentary tickets to attend the Awards Dinner.

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.

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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 (19 years and up)
- 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 (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 which demonstrates the impact the nominees 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 Dinner. Send photos (preferably in .jpeg format) on a CD or email to foundation@reh-fit.com.

BIOGRAPHY FOR DINNER PROGRAMME

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. Nominations must be received no later than FRIDAY, FEBRUARY 26, 2010 AT 4:30PM at:

Reh-Fit Foundation

1390 Taylor Avenue, Winnipeg, Manitoba, R3M 3V8

Email: foundation@reh-fit.com

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

Previous Healthy Living Award Recipients:

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| 2009 Daily Health Awareness Team David Bosiak Good Food Club Manitoba Blue Cross Breda Vosters | 2006 MacDon Industries Northern Healthy Foods Initiative The Physical Activity Coalition of Manitoba Jan Cherlet | 2003 MS Society of Canada, Manitoba Division St. James Assiniboia Seniors Centre Wolseley Family Place Canadian National Railway Bruce Gouriluk Gail Wylie | 2001 Canadian Wheat Board Motor Coach Industries Medication Information Line for the Elderly (MILE) Janice Filmon |
| 2008 The Healthy Living Program - A Community Healthy Living Project Winnipeg Trails Association National Leasing Stephanie Gutnik Dr. Henry Janzen Lori Orchard | 2005 Neechi Foods Cooperative Steppin' Up with Confidence - Peer Leaders Brian McKinnon Betty Smith | 2002 The Great-West Life Assurance Co. Age & Opportunity St. Vital Senior Centre Cycling Group Health Corner / Le Coin Santé Carol Lezack Phil Shaff | 2000 Fort Garry School Division No. 5 Cargill Ltd. Manitoba Marathon Eastern Manitoba Square/Round Dance Association Dr. Bruce McDonald Dr. Elizabeth Ready |
| 2007 Maple Leaf School Tamara Beauchemin Muriel Gamey Dr. Dean Kriellaars | 2004 Good Neighbours Senior Centre QX 104 FM Melvina Castel Dr. Dexter Harvey Cynthia Menzies Mary Wilson | | 1999 Heart & Stroke Foundation of Manitoba Manitoba Telephone System Mary Lizette Pat McCarthy-Briggs |