



Windsor Essex Communities in motion is looking for your favourite ***in motion*** All-Star. Nominate a family member, friend or yourself to be recognized on the 2019 ***in motion*** All Star Team!

Windsor-Essex Communities ***in motion*** are searching for residents from our region who have made physical activity a part of their lifestyle. A new exercise program to improve health, accomplishing a goal (e.g., running 5K, participate in a sport event/activity), being active with others (e.g., family, coworkers, neighbours), and/or spending less time sitting and more time being active.

Visit our website at www.swarginmotion.com/allstar to complete the NOMINATION FORM and tell us

Who is your
2019 in motion
ALLSTAR ?



www.swarginmotion.com



NOMINATION FORM

Please read this form carefully.

DEADLINE

Nominations must be received by Sept 13, 2019. Nominations received after the deadline will not be considered.

ELIGIBILITY

Nominees must be a resident of Windsor/Essex County and be over the age of 13 (as of deadline).

NOMINATION PROCEDURE

Once all completed nomination forms are received and following the closing deadline, all nominations will be reviewed by a panel from the Windsor-Essex Communities in motion Committee. Once a nominee has been selected as the 2019 in motion All-Star they will be notified by the committee.

NOMINATION FORM

Nominator Information:
(contact purposes only)

Surname _____ Given Name(s) _____
Phone _____ Email _____

YES, AS NOMINATOR OF THE BELOW INDIVIDUAL I CAN CONFIRM THAT THEY ARE A RESIDENT OF WINDSOR/ESSEX COUNTY AND THAT THEY HAVE MADE A SIGNIFICANT EFFORT TO MAKE PHYSICAL ACTIVITY AND HEALTHY CHOICES A PART OF THEIR LIFESTYLE.

Surname _____ Given Name(s) _____
Phone _____ Email _____
Age _____ Gender _____
Municipality _____

I BELIEVE THAT _____ SHOULD BE THE 2018 WECIM'S ALLSTAR BECAUSE.... (in 250 words or less)

(Name)

(you may attach additional pages if needed)

Completed forms can be submitted to:

KEVIN MORSE | Health Promotion Specialist | Chronic Disease and Injury Prevention

Windsor-Essex County Health Unit
350 Fairview Ave. West, Suite 215, Essex, N8M 3G4
wecim1@gmail.com