

# ROSSMOR FITNESS JOURNEYS

## *Nomination Form*

*Rossmoor Fitness Journeys* celebrates residents whose personal paths to wellness inspire others. This goal of the program is to honor real people making real progress, in their own way and at their own pace.

Whether it's someone who found joy in walking, swimming, taking part in one of the many club-sponsored fitness activities – we want to share their story.

Community members are encouraged to nominate residents who embody perseverance, positivity, and the spirit of personal wellness. Self-nominations are welcome!

Selected nominees will be recognized and celebrated for their unique paths toward healthier, more active living.

*Because every journey matters  
— and every step counts.*

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**Your Name + Contact Information:**

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**Name of Nominee:**

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**How does this person inspire the fitness community?  
(Please check all that apply.)**

- ☐ Shows up consistently
- ☐ Encourages others
- ☐ Overcame obstacles
- ☐ Maintains a positive attitude
- ☐ Leads by example
- ☐ Other:

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**Why do you think this person deserves to be recognized?**

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***Nominees must agree to be recognized.***

Applications may be submitted in person to the **Fitness Front Desk Staff** or emailed to **AFAC@rossmoor.com** and will be forwarded to a subcommittee of the Aquatics + Fitness Committee for review and recommendation.

