



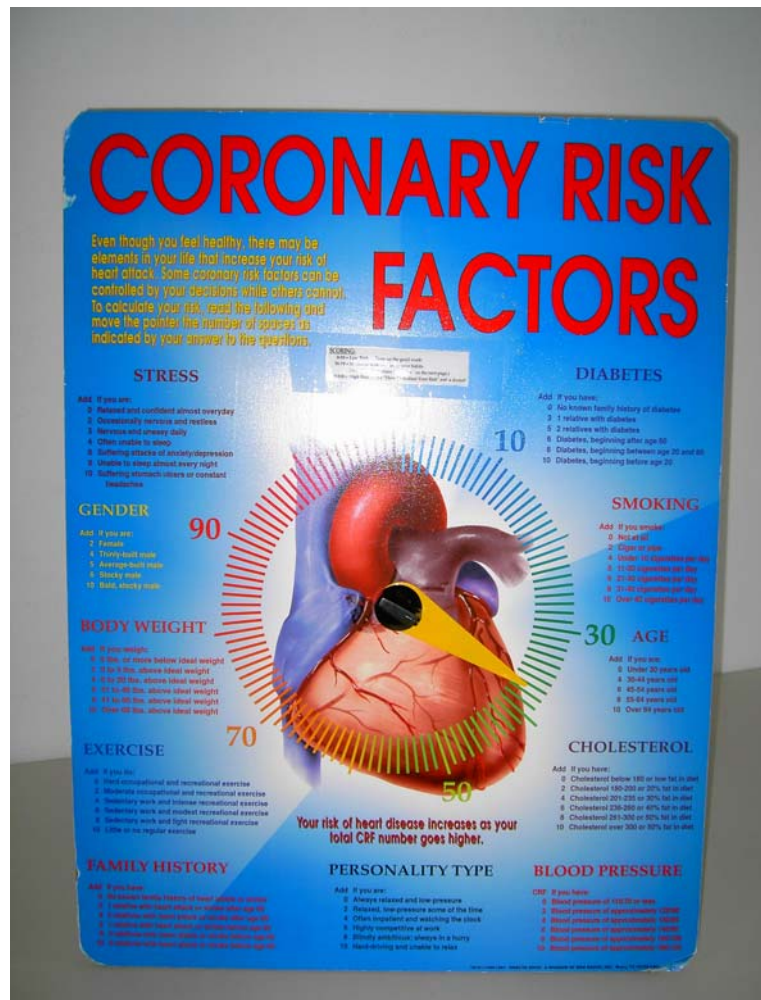
Alaska Health Fair, Inc.

501 (c) (3) Non-Profit
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Health Fair Materials Examples

Subject: Heart Health

Coronary Risk Factors



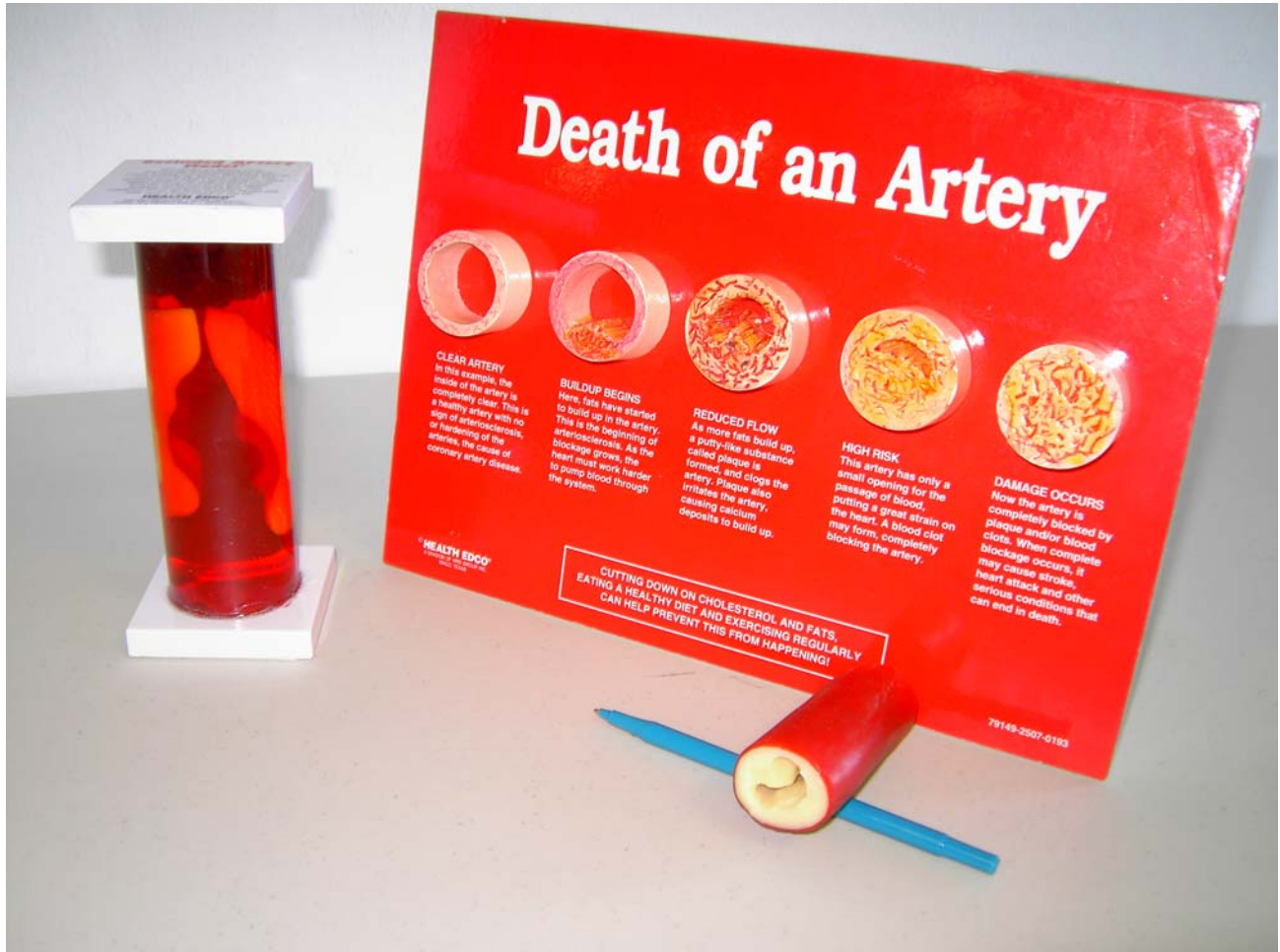
SUBJECT: HEART HEALTH

Target: Youth and Adults

Description: This display board identifies the coronary risk factors in an individual's life—the things that threaten to make a person one of the hundreds of thousands of Americans who die from coronary heart disease every year.

20" x 28"

Death of an Artery



SUBJECT: HEART HEALTH

Target: Youth and Adults

Description: This unique model demonstrates what happens inside a clogged artery. Made of BIOLIKE synthetic tissue, the inside passage of this artery is severely constricted by layers of plaque. 1 1/4" x 3".

These five hand-painted artery cross-sections show the various stages of arteriosclerosis. The interior size of each vessel diminishes during each stage. 9" x 12".

This see-through artery model shows a constricted passage clogged with plaque. When the model is turned over, lifelike red blood cells have difficulty flowing through the small opening, just as they would in an artery restricted by atherosclerosis. 2 3/4" x 6 7/8".

Diseases & Conditions of the Heart



SUBJECT: HEART HEALTH

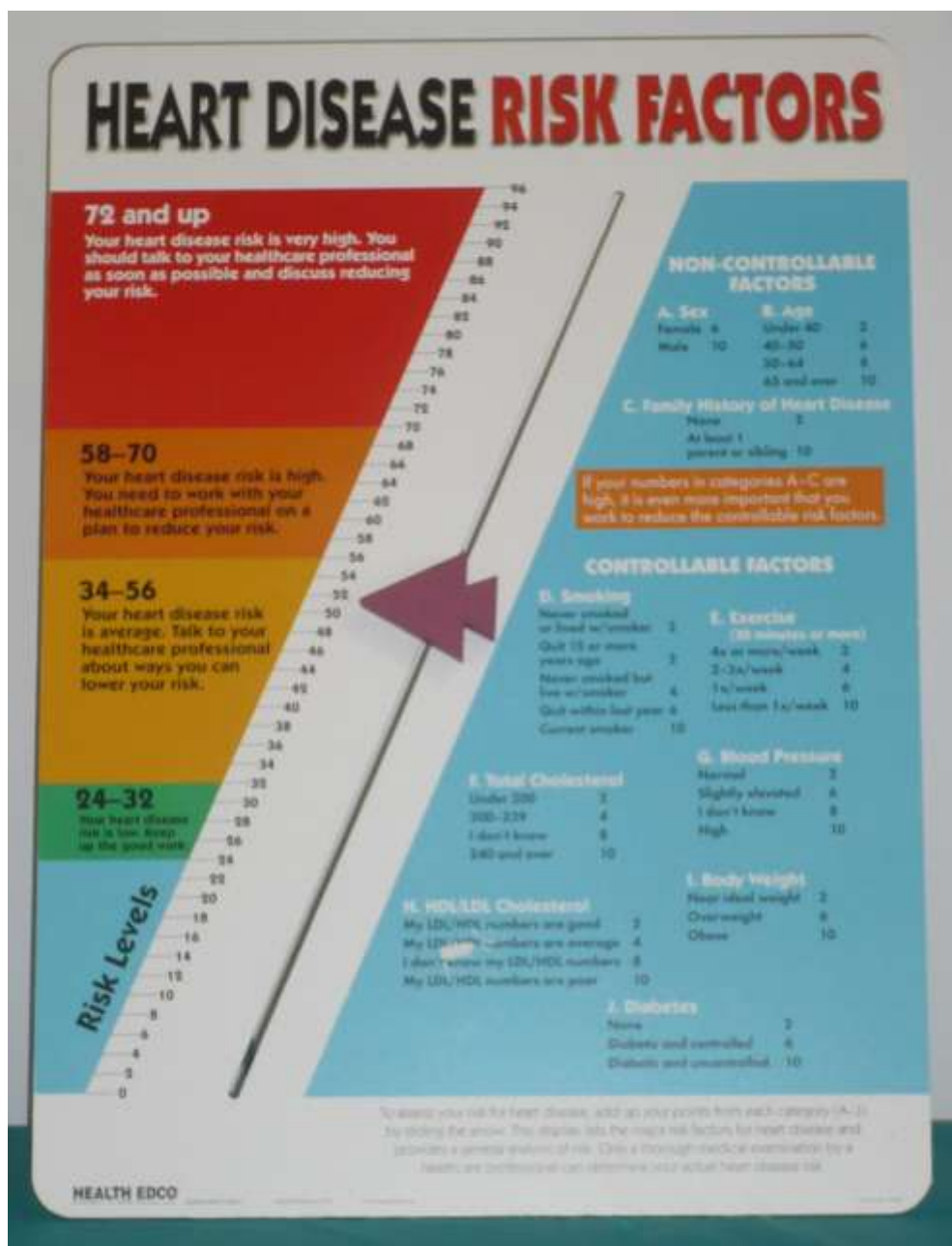
Target: Adults

Description: Heart disease is one of the world's leading causes of death. Coronary heart disease risk factors and symptoms are outlined.

Size: 58" x 22"

2009

Heart Disease Risk Factors



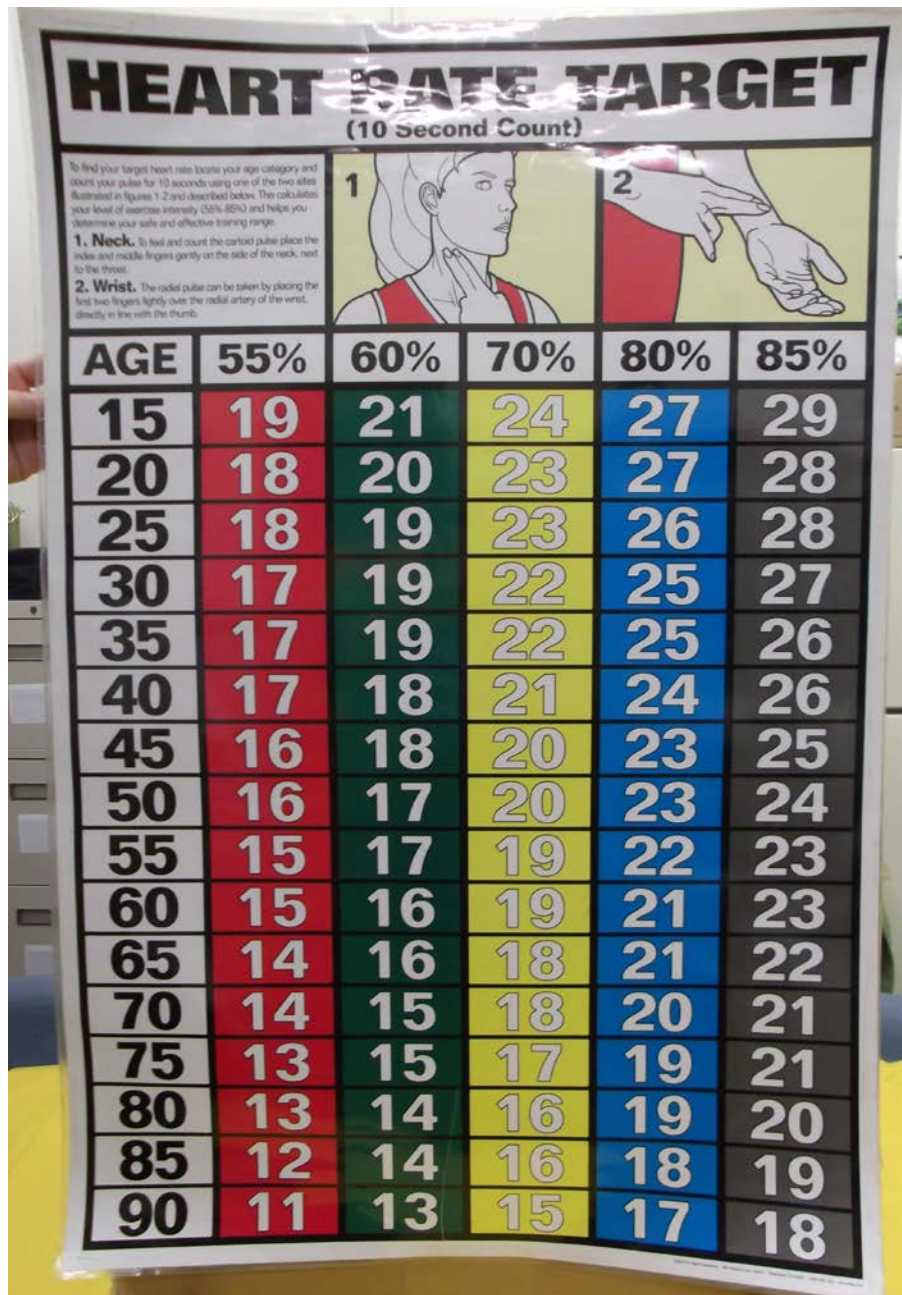
SUBJECT: HEART HEALTH

Target: Adults

Description: Learning about the risk factors for heart disease is made easy with this fun, interactive display. Participants slide the arrow up the scale to add up their risk for each factor listed on the display. Both controllable and non-controllable risk factors are included.

Size: 20.5" x 28"

Heart Rate Target



SUBJECT: EXERCISE

Target: Teens & Adults

Description: Get in the zone with this easy-to-use chart that helps determine target heart rates for training zones from 55%- 85% for ages 15 – 90.

Size: 24" x 36".

What you should know about High Blood Pressure



SUBJECT: HEART HEALTH

Target: Adults

Description: This display describes the symptoms of high blood pressure, explains its causes, and discusses methods of controlling blood pressure.

Size: 58" x 22.5" opened

Preventing Cardiovascular Disease



SUBJECT: HEART HEALTH

Target: Adult

Description: Discusses risk factors, including those that can be controlled by lifestyle changes and medication.

Size: 58" x 22"

2010