



Alaska Health Fair, Inc.

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

Subject: Exercise

Activity Dice



SUBJECT: EXERCISE

TARGET: EVERYONE

Description: Participants perform the exercise shown on the first die the number of times shown on the second die. Each are 4" square and squishy

Don't Wait to Hydrate



SUBJECT: EXERCISE

Target: Teens & Adults

Description: You can become dehydrated if you lose more water than you take in. Signs of dehydration and how you can prevent it.

Size: 24" x 36".

Hypertension Mini Model



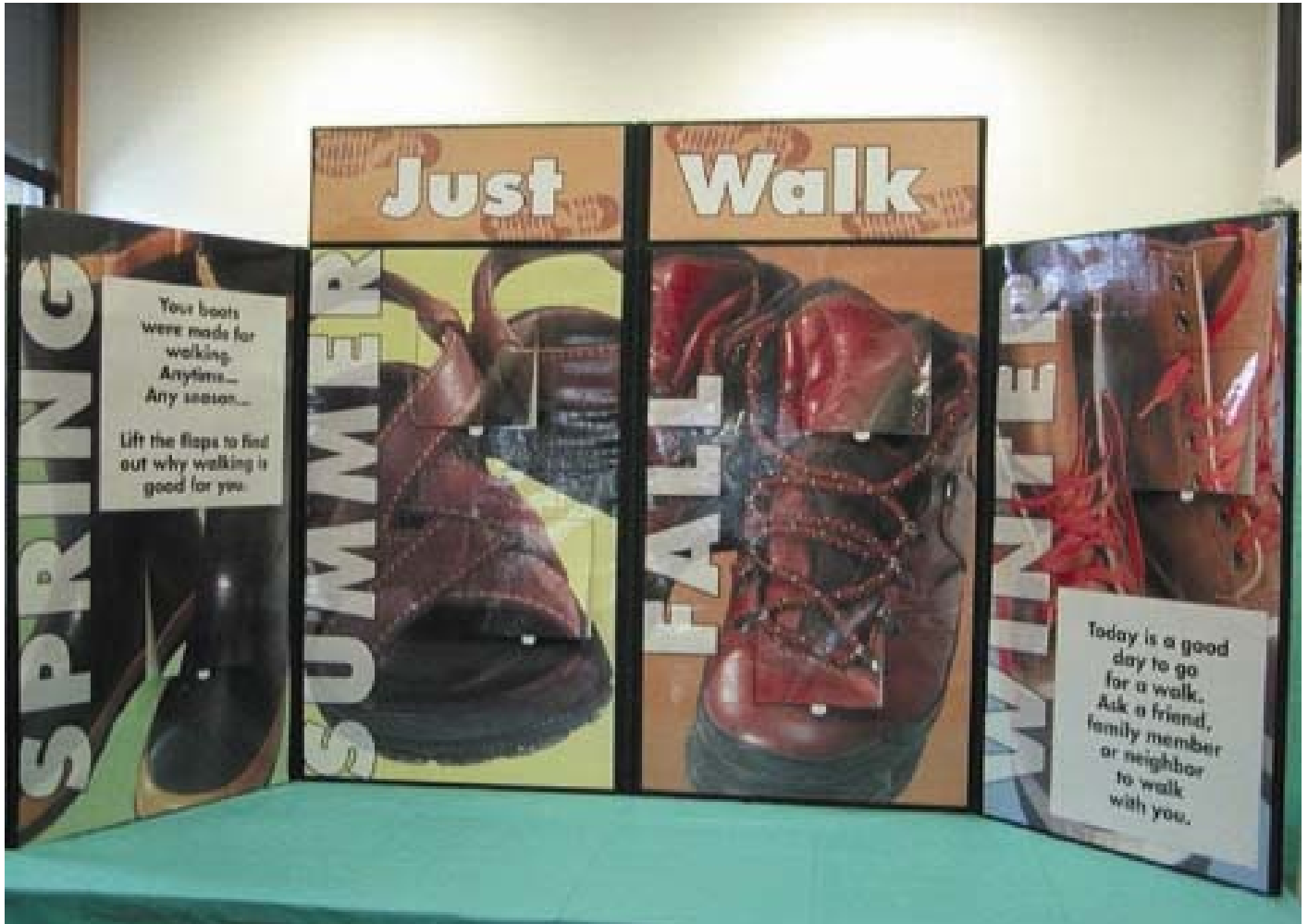
SUBJECT: EXERCISE

TARGET: ADULTS

Description: Hypertension affects your heart and also the brain, eyes, and kidneys.

Size: 6" x 15" x 5"

Just Walk



SUBJECT: EXERCISE

Target: All Ages

Description: Four panel learning center that details the benefits of walking and encourages walking during all seasons.

Move to Win!



SUBJECT: EXERCISE

Target: All Ages

Description: An interactive table top display with four panels that encourages people of all ages to be active and move.

Sit and Reach



SUBJECT: PHYSICAL FITNESS

Target: Youth & Adults

Description: Test for lower back and hamstring flexibility

Size: 18" x 18" x 36".

Exercise & Calorie Guide

EXERCISE & CALORIE GUIDE									
ACTIVITY	CALORIES BURNED IN 30 MINUTES								LBS.
	100	120	140	160	180	200	220	240	
	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	
AEROBICS (LIGHT)	115	147	173	195	220	246	271	294	
AEROBICS (VIGOROUS)	169	203	237	256	290	327	365	400	
AEROBICS (WATER)	101	122	142	162	182	203	223	243	
BICYCLING (MODERATE - 13MPH)	180	216	252	288	324	360	396	432	
GOLF (CARRYING/PULLING CLUBS)	124	149	173	198	223	248	272	297	
KARATE/KICK BOXING JUDO/TAE KWAN DO	245	293	342	390	440	490	539	582	
RACQUETBALL (COMPETITIVE)	239	279	326	382	419	465	512	570	
ROWING (MACHINE/MODERATE)	161	190	223	255	289	326	364	400	
RUNNING (1/2 MIN. MILE)	180	216	252	288	324	360	396	432	
RUNNING (1/0 MIN. MILE)	225	270	315	360	405	450	495	540	
RUNNING (0 MIN. MILE)	285	342	395	450	503	559	614	668	
STATIONARY CYCLING (MODERATE)	158	189	221	252	284	315	347	378	
STATIONARY CYCLING (VIGOROUS)	236	284	331	378	425	473	520	567	
SWIMMING (SLOW FREESTYLE)	180	213	247	283	318	354	387	417	
SWIMMING (FAST FREESTYLE)	218	263	305	349	393	446	480	528	
TENNIS (SINGLES)	180	216	252	288	324	360	396	432	
TENNIS (DOUBLES)	135	162	189	216	243	270	297	324	
WALKING (SLOW - 2MPH)	61	74	89	101	114	127	140	153	
WALKING (MOD. - 3MPH)	91	108	129	143	160	180	196	213	
WALKING (FAST - 4MPH)	118	140	161	186	210	235	257	278	
WEIGHT TRAINING (CIRCUIT)	180	216	252	288	324	360	396	432	
WEIGHT TRAINING (FREE WEIGHTS)	125	150	175	201	225	250	276	300	
YOGA	86	105	121	139	156	174	192	209	

SUBJECT: EXERCISE

Target: Teens & Adults

Description: Know at a glance how many calories are burned in 30 minutes worth of common activities.

Size: 24" x 36".

Exercise Facts



SUBJECT: EXERCISE

Target: Youth & Adults

Description: Colorful art and clear text make this folding display the perfect tool to explain the importance of regular exercise. Highlights the many health benefits of exercise, different types of exercise, exercise recommendations for all age groups, and tips to get moving.

Size: 58" x 22.5" opened