

## Health Fair Exhibit Items

(Available via MPR)



Interested in planning a health fair for your employees? MPR now offers several free exhibits available to use at your event. Below are some photos and descriptions of the items available.



**Cholesterol Flip Chart.** What's the difference between "good" and "bad" cholesterol? What are the risks of high cholesterol? Can certain foods lower my numbers? Understanding the ins and outs of cholesterol can be as sticky as the substance itself. This six-panel flip chart answers all of these frequently asked questions-and many more. Flip chart has presentation notes on reverse panels and is 12" x 17".



**Metabolic Syndrome Mini Model.** Miniature organ models along with information card help explain the serious cardiovascular and other effects of metabolic syndrome. Includes models of the brain, heart, liver, artery, kidney, and pancreas. Education card illustrates a stroke, congestive heart failure, coronary artery disease, angina, myocardial infarction, non-alcoholic fatty liver disease, atherosclerosis, renal arteriosclerosis, and nephrosclerosis. 10" tall.



**Exercise "Spin the Wheel" Game.** How do you get everyone interested in exercise? Put a positive "spin" on it with this energetic muscle-awakening game! Players answer questions from one of eight categories after spinning the wheel and they earn extra points by doing a specified exercise. Includes questions for grades 1-5 and grade 6-adult. 18 1/2" x 23".



**Dermascan Facial Skin Analyzer.** This Dermascan instrument illuminates the skin in a manner that makes it easier to see areas that may be oily, dry or sun damaged. Its purpose is to provide you with information about your skin that you otherwise might not know. It is an educational tool designed to increase your awareness of skin health and safety. This machine is not a diagnostic tool. It is an educational tool used to raise awareness about the effects of sun damage and to take preventive measures to reduce the risk of cancer, like wearing sunscreen. If you have concerns or questions, please see your doctor.



**Fat & Muscle Chunk Sets.** Provide a window to what fat really looks like inside the body. Made of BIOLIKE 2 to provide an accurate feel. This wiggly, jiggly mass makes a big impression. Set comes with a carrying case. See and feel the strength of a flexed muscle cluster. The sturdiness and density of these models demonstrate how exercising our muscles can make them powerful and strong. Set comes with a carrying case.



**Preventing Cardiovascular Disease display.** Although cardiovascular disease can't always be prevented because of heredity, one thing is certain: This folding display can prevent ignorance of the controllable risk factors. Explains cardiovascular disease and identifies its risk factors, including those that can be controlled by lifestyle changes and medication. 58" x 22 1/2" opened.



**Vitamins & Minerals display.** With its crisp, appetizing graphics and nutrient-packed text, this display is an invigorating shot of B-12 for any nutrition education program. Giving a quick overview of 23 essential vitamins and minerals and the function each one performs in the body, it makes an easy case for why some foods are better choices than others. 58" x 22 1/2" opened.



**Consequences of Obesity display.** Carrying extra weight has a taxing effect on every cell in the body, greatly accelerating wear and tear on joints and organs. From "minor" problems, such as sleep apnea, to life-threatening conditions, such as diabetes and cardiovascular disease, the models in this display give a rare glimpse inside a body staggering under the weight of excess fat. It leaves little doubt that with obesity there's much more at stake than just self-image. Carrying case is 28" x 27" opened.



**Consequences of Smoking display.** Tobacco companies hate products like this display. That's because it turns the truth about smoking inside out-literally. Eight graphic models reveal how tobacco transforms normal healthy organs into something out of a horror movie. Featuring emphysematous and cancerous lungs, a premature baby, and a stroke-affected brain, this display prompts smokers to seriously consider what they're doing to their bodies. Comes in self-contained carrying case. 28" x 27" opened.



**Consequences of High Blood Pressure display.** Need to give people a compelling reason to avoid high blood pressure? Better yet give them eight reasons. From bursting arteries to blindness, this display is a real chamber of horrors illustrating the critical importance of managing blood pressure correctly. Easily transported in a self-contained carrying case. 28" x 27" opened.



**Grip Strength device.** The Smedley III Analog Grip Tester is the most widely used hand dynamometer in the world for measuring grip strength. It is the most accurate with an accuracy of  $\pm 2$  kg from 5 to 100 kg with a resolution of 1 kg. Holds the highest reading with an easily resettable pointer. The pointer is protected beneath the lens. Very durable and reliable. Includes padded hard case for easy, safe transport.