



What to Bring for each Expo

Equipment/Supplies

- 2 Steps 9" high (or 1-38" long Step, also 8" high)
- 2 Blood pressure machines
- 2 Body-fat scales
- 2 Peak-flow meters
- 100-500 mouthpieces
- Height chart mounted on stand
- Metronome or Clock with sweep hand
- Health Age CD
- AA Batteries
- Extension cords & multi plug adapter (for computers/printers)
- Duct tape for electric cords on the floor
- 2 waste baskets - for massage and body-fat
- Wipes and/or hand cleaning solution
- Pens - use with Personal Records; Health Age

- Discover Your Health Age - Report
- Tecumseh Step Test - Medical Advisory
- Heating Compress
- Hot Foot Bath
- Nutrition, Exercise, Water...Trust

Screening Instruction Forms (for staff only)

- Anti-Stress Chair Massage
- Harvard Step Test
- Peak Flow Meter
- What to Bring for Each Expo (List)
- HER Health Expo Manual - for reference

Handouts for each Station

- Personal Health Record
- Blood Pressure Levels
- Body Fat - What You Should Know
- Charcoal Poultice
- Discover Your Health Age - Questionnaire