

2010 Heart Screen Health Fair Programs

BIOMETRICS

- CHOLESTEROL (TOTAL, HDL OR LIPIDS)
- GLUCOSE
- BMI INCLUDING HEIGHT, WEIGHT, GIRTH
- BODY FAT (OPTIONAL)
- BLOOD PRESSURE

BLOOD SCREENINGS

- CHOLESTEROL
 - TOTAL CHOLESTEROL
 - TC/HDL, RATIO
 - LIPID PROFILE
- GLUCOSE / DIABETES
- PSA FOR PROSTATE CANCER
- THYROID (TSH)

ADDITIONAL ON-SITE TESTING

- AUDITORY SCREENING (HEARING)
- ARTERIAL STIFFNESS INDEX - STROKE PREVENTION
- CAROTID ARTERY - STROKE PREVENTION
- BLOOD PRESSURE
- BODY FAT TESTING
- BODY MASS INDEX (BMI)
- HEIGHT & WEIGHT, GIRTH, FRAME
- BONE DENSITY FOR OSTEOPOROSIS
- CARBON MONOXIDE (CO) FOR SMOKING CESSATION
- DUEYES SIMULATOR GOGGLES
- FLEXIBILITY
- GLAUCOMA
- GRIP STRENGTH
- HEPATITIS SCREENINGS
- LUNG FUNCTION & LUNG AGE
- METABOLIC TESTING (WEIGHT MANAGEMENT)
- UV PHOTO FOR CANCER AWARENESS
- VISUAL ACUITY

FITNESS

- BODY FAT COMPOSITION ANALYSIS
- FLEXIBILITY
- GRIP STRENGTH
- AEROBIC CONDITIONING

EDUCATIONAL

- HEALTH COACHING
- ONLINE NEWSLETTERS
- WELLNESS WAGON
- WORKSHOPS / LUNCH 'N' LEARNS
- HEALTH BINGO
- MILK TASTE TEST (NUTRITION)

HEALTH RISK APPRAISALS (EMAILED AND ON LINE)

STRESS REDUCTION

- MASSAGE
- REFLEXOLOGY
- AROMATHERAPY
- YOGA WORKSHOPS
- TAI CHI WORKSHOP
- STRESS REDUCTION WORKSHOP
- SMOKING CESSATION
- ANGER MANAGEMENT

NUTRITIONAL PROGRAMS

- WEIGHT MANAGEMENT
- CUT THE FAT
- LUNCH 'N' LEARNS
- BROWN BAG SEMINARS
- COOKING DEMO
- RATE YOUR PLATE

PREVENTION

- FLU SHOTS
- BONE DENSITY
- TB TESTING
- CAROTID ARTERY
- PSA
- TSH THYROID
- ARTERIAL STIFFNESS INDEX &/OR PERIPHERAL ARTERY
- WORKSHOPS

ADJUNCT (AT NO COST TO YOU)

- NECK & BACK SCREENINGS
- FOOT & ANKLE SCREENINGS
- DENTAL
- VISION
-AND MORE

DISPLAYS & PREMIUMS

- EDUCATIONAL MODELS
- HEALTHY SLOTS
- TREASURE CHEST
- RAFFLES



PLEASE VISIT HEART SCREEN'S WEBSITE FOR MORE DETAILED PROGRAM INFORMATION OR CONTACT US DIRECTLY.

[http:// heartscreen.com](http://heartscreen.com)