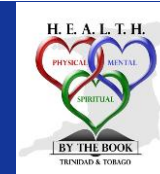


Health Fair Team

Responsibilities



STATION	VOLUNTEERS	JOB DESCRIPTION
Registration		Welcome people, hand out Health Fair Booklet (HFB) , instruct how to proceed through the stations in any order but finishing at the Checkout Station
		Measure height, use biometric scale to measure weight, BMI and body fat% and fill out HFB (if 2 scales available, have 2 volunteers do this)
Water		Determine daily water needs, give water samples, fill out HFB
		Do hydrotherapy demonstration--hot foot bath, throat compress
Exercise		Perform 3-minute step test, record results on HFB
		Perform 3-minute step test, record results on HFB
Live Temperately		Perform computer health age (need computer, printer, paper), Fill out HFB
		Assist participants in filling out questionnaires, discuss results
Lots of Fresh Air		Perform peak flow measurement, record in HFB, hand out peak flow 1/2 sheet
		Perform peak flow measurement, record in HFB, hand out peak flow 1/2 sheet
Nutrition		Hand out food samples, recipes, and nutrition principles form, point out items on table
		Discuss weight and BMI, calculate ideal body weight, do nutrition counseling, fill out HFB, hand out Weight Loss Trifold Handout
Entire Trust in God		Perform stress test, fill out HFB, hand out Plan for Stress and Promises for Stress handouts, hand out free literature, pray with/counsel participants
		Perform stress test, fill out HFB, hand out Plan for Stress and Promises for Stress handouts, hand out free literature, pray with/counsel participants
Sunshine		Nurse 1 to do blood glucose testing, fill out HFB, hand out Exploring Diabetes and Treating Diabetes Trifold Handouts
		Nurse 2 to do cholesterol testing, fill out HFB, hand out Controlling Your Cholesterol Trifold Handouts (or each nurse can do both if you have 2 testers)
Sufficient Rest		Take blood pressures, fill out HFB, give "Lowering Your Blood Pressure" handout
		Take blood pressures, fill out HFB, give "Lowering Your Blood Pressure" handout
Checkout Station		Make sure participants have completed all stations, hand out free literature, have participants fill out Health Seminar Interest Form, checkmark HFB Station 9
Circulator		Circulate around health fair to assist where needed/cover for breaks