



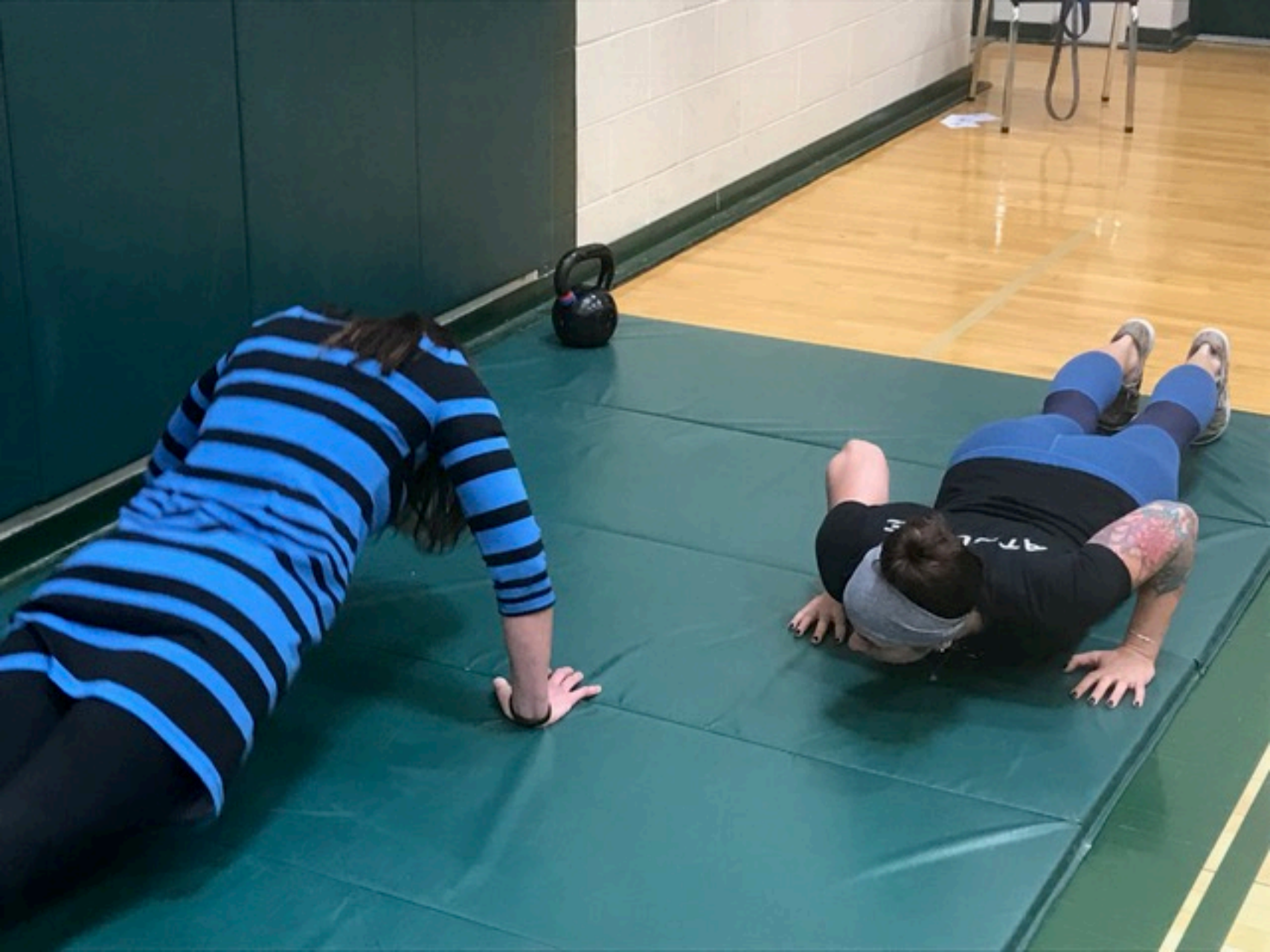
HEALTH & WELLNESS FAIR





CALDWELL











Put this up
Fridge
Name
Date
Time
Place
Topic
Teacher







Vertical Jump

	Male	Female
Grade		
Height		
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



Vertical Jump

Male	Female
1.5m	1.2m
1.6m	1.3m
1.7m	1.4m
1.8m	1.5m
1.9m	1.6m
2.0m	1.7m
2.1m	1.8m
2.2m	1.9m
2.3m	2.0m
2.4m	2.1m
2.5m	2.2m
2.6m	2.3m
2.7m	2.4m
2.8m	2.5m
2.9m	2.6m
3.0m	2.7m
3.1m	2.8m
3.2m	2.9m
3.3m	3.0m
3.4m	3.1m
3.5m	3.2m
3.6m	3.3m
3.7m	3.4m
3.8m	3.5m
3.9m	3.6m
4.0m	3.7m
4.1m	3.8m
4.2m	3.9m
4.3m	4.0m
4.4m	4.1m
4.5m	4.2m
4.6m	4.3m
4.7m	4.4m
4.8m	4.5m
4.9m	4.6m
5.0m	4.7m
5.1m	4.8m
5.2m	4.9m
5.3m	5.0m
5.4m	5.1m
5.5m	5.2m
5.6m	5.3m
5.7m	5.4m
5.8m	5.5m
5.9m	5.6m
6.0m	5.7m
6.1m	5.8m
6.2m	5.9m
6.3m	6.0m
6.4m	6.1m
6.5m	6.2m
6.6m	6.3m
6.7m	6.4m
6.8m	6.5m
6.9m	6.6m
7.0m	6.7m
7.1m	6.8m
7.2m	6.9m
7.3m	7.0m
7.4m	7.1m
7.5m	7.2m
7.6m	7.3m
7.7m	7.4m
7.8m	7.5m
7.9m	7.6m
8.0m	7.7m
8.1m	7.8m
8.2m	7.9m
8.3m	8.0m
8.4m	8.1m
8.5m	8.2m
8.6m	8.3m
8.7m	8.4m
8.8m	8.5m
8.9m	8.6m
9.0m	8.7m
9.1m	8.8m
9.2m	8.9m
9.3m	9.0m
9.4m	9.1m
9.5m	9.2m
9.6m	9.3m
9.7m	9.4m
9.8m	9.5m
9.9m	9.6m
10.0m	9.7m



Hand Release

Push-up

(1 min)

Male	Female
11	12
12	13
13	14
14	15
15	16
16	17
17	18
18	19
19	20
20	21



Stand Reach

Male	Female
1. Stand with feet together and arms at sides.	1. Stand with feet together and arms at sides.
2. Reach up with right arm to touch the ceiling.	2. Reach up with right arm to touch the ceiling.
3. Reach down with left arm to touch the floor.	3. Reach down with left arm to touch the floor.
4. Measure the distance between the fingertips.	4. Measure the distance between the fingertips.
5. Record the measurement.	5. Record the measurement.
6. Repeat the process with the left arm reaching up and the right arm reaching down.	6. Repeat the process with the left arm reaching up and the right arm reaching down.
7. Record the measurement.	7. Record the measurement.
8. Average the two measurements.	8. Average the two measurements.
9. Record the final measurement.	9. Record the final measurement.







NOT TO EXCEED
850 PERSONS
FOR MAXIMUM USE



Hand Release
Push-up
(1 min)

Male	Female
1st Grade	1st Grade
2nd Grade	2nd Grade
3rd Grade	3rd Grade
4th Grade	4th Grade
5th Grade	5th Grade
6th Grade	6th Grade
7th Grade	7th Grade
8th Grade	8th Grade
9th Grade	9th Grade
10th Grade	10th Grade
11th Grade	11th Grade
12th Grade	12th Grade







N.S.P.H.S.A.
CLASS C
STATE
SEMI-FINALIST
1996

BEST
H.P.S.S.A. CLASS C
SEMI-FINALIST
1997 - 1998

HEALTH & WELLNESS FAIR



POSTER 1

POSTER 2

POSTER 3

POSTER 4

POSTER 5

POSTER 6



SPARTAN

SACKETT HIGH SCHOOL
An American Community College







ATHLETE

EXIT





EXIT





MAXIMUM
OCCUPANCY
NOT TO EXCEED
850 PERSONS











Growing Health and Building Relationships in the Community Garden

125 gardeners in 125 pots in the Community Garden will nourish the Farm Project

Volunteering and Learning in the Meditation Garden

Empowered gardeners can build a sense of community and learn to connect and restore health in the landscape.

Mayday Community Food & Pantry to Increase Access and Share our Harvest

RENALIS OUTREACH

Collaborating through the Mobile Market

Community Farm Project, Renalis Outreach, and the Mobile Market

FINISH MARKET

GET FRESH, FEEL GREAT!

AGROECOLOGIC PROJECT



CAUTION
 Wet floor
 Caution
 Wet floor
 Caution
 Wet floor





Mother's Earth's
Sustainable Living Solutions

2023 Environmental Conference of 2023
[Detailed text on a pink sign, including a list of items and descriptions]

Small white cups arranged on a black tray, likely containing samples of products or services.

Small informational card or brochure standing upright on the table.



Junior Prom
After Prom Party!
11:20
Movie!
Food!

Important health numbers

BP blood pressure

Normal	< 120/80
Elevated	120-129/80-89
Stage 1	130-139/80-89
Stage 2	140-159/90-119
Stage 3	160-179/100-129
Very High	180-200/110-130

Cholesterol

Desirable	< 200
Borderline High	200-239
High	240-300
Very High	> 300

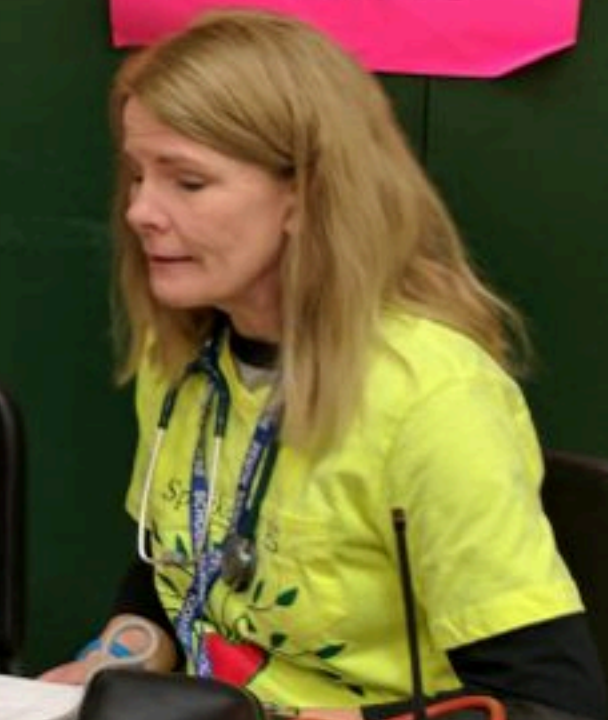
LDL

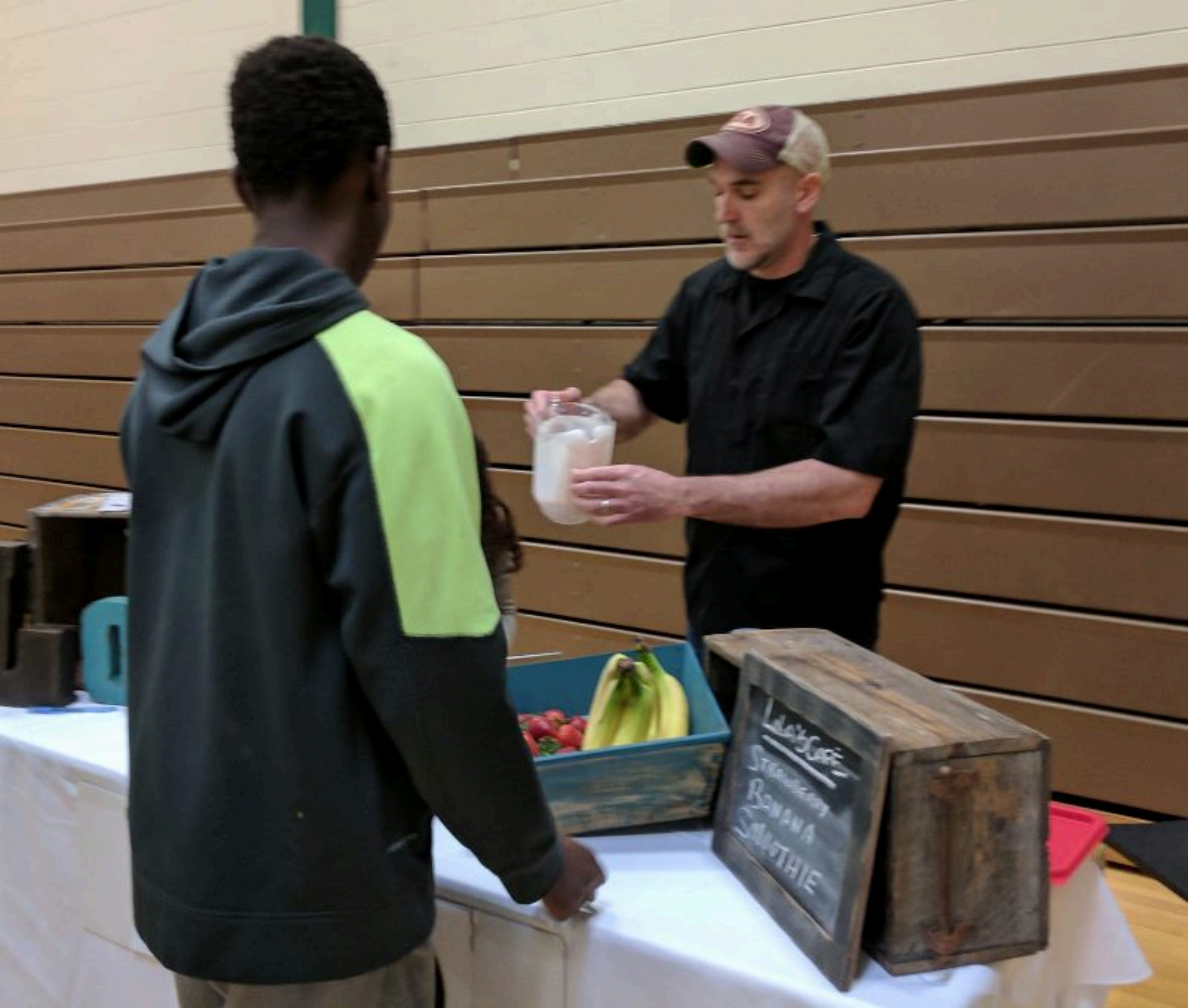
Desirable	< 100
Borderline High	100-159
High	160-200
Very High	> 200

WHY DONATE BLOOD?

- Every pint helps up to 3 people
- Someone needs blood every 2 seconds
- Only 37% of the population can donate
- Chronic people are universal donors
- There is no substitute for human blood
- It is free and will not decrease your strength
- You have 10 pints of blood in your body
- Red blood cells can only be stored 42 days
- You will feel great about donating

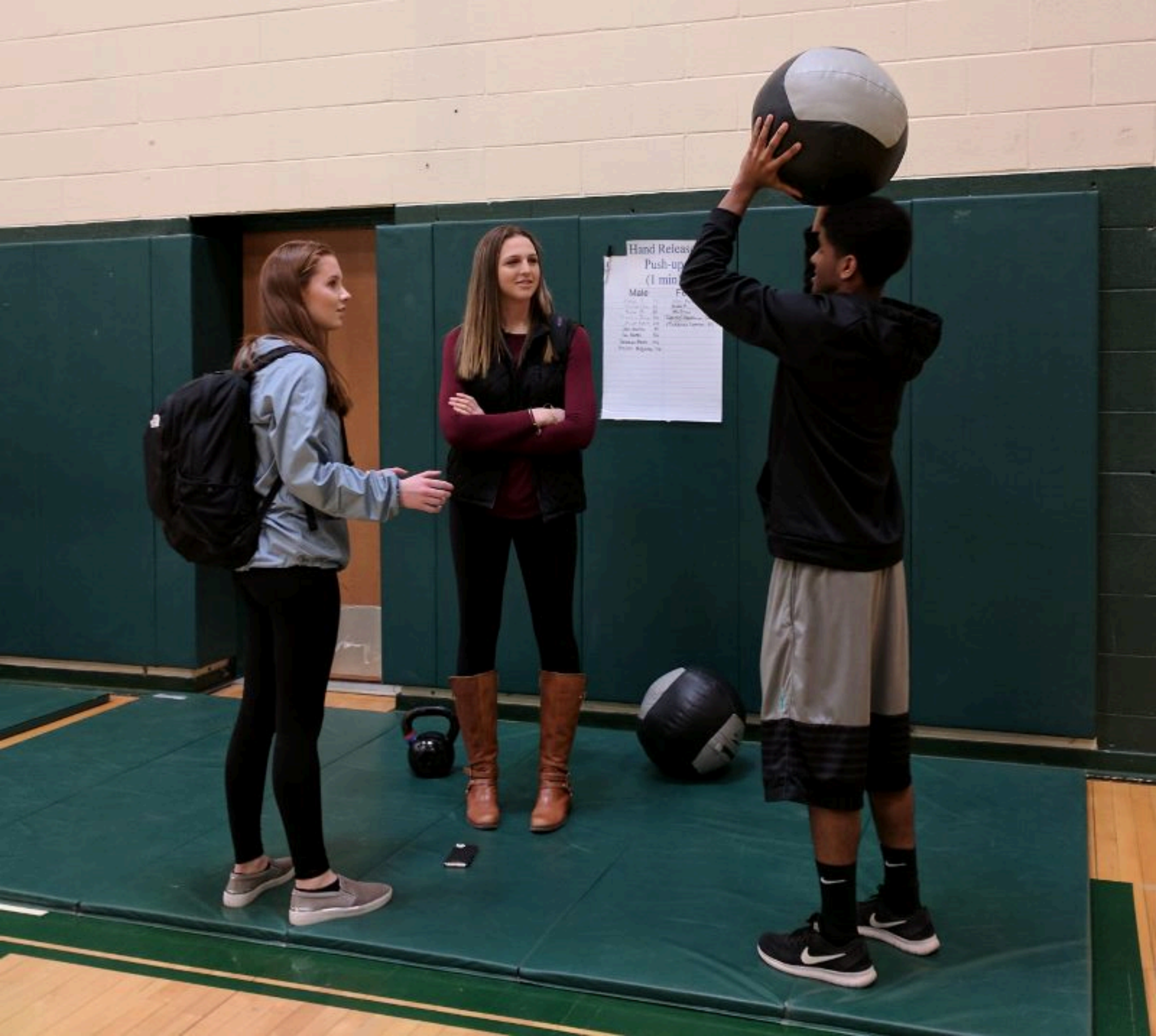
You can save a life!





Lala's Cafe
Strawberry
BANANA
SMOOTHIE





Hand Release Push-up (1 min)

Male	Female
100	75
110	80
120	85
130	90
140	95
150	100
160	105
170	110
180	115
190	120
200	125
210	130
220	135
230	140
240	145
250	150
260	155
270	160
280	165
290	170
300	175
310	180
320	185
330	190
340	195
350	200
360	205
370	210
380	215
390	220
400	225
410	230
420	235
430	240
440	245
450	250
460	255
470	260
480	265
490	270
500	275
510	280
520	285
530	290
540	295
550	300
560	305
570	310
580	315
590	320
600	325
610	330
620	335
630	340
640	345
650	350
660	355
670	360
680	365
690	370
700	375
710	380
720	385
730	390
740	395
750	400
760	405
770	410
780	415
790	420
800	425
810	430
820	435
830	440
840	445
850	450
860	455
870	460
880	465
890	470
900	475
910	480
920	485
930	490
940	495
950	500
960	505
970	510
980	515
990	520
1000	525



YOUTH
US

Under Armour

HEALTH & WELLNESS FAIR



