

Training Provider	Learn Skills	Assessment	Quizzes & Final Exam
Location	learnskills.org	Qualification	Certificate of Completion
Method	Asynchronous Self-paced	Eligibility	Open
Cost	25 EUR		

This e-learning course is all about healthy living. It is intended to make you more aware of what you eat and drink, and will show you how exercise and a balanced diet can help you to stay fit and healthy. It will help you to follow a healthy lifestyle by choosing foods that are appropriate for you, and will help you to plan your exercise regime.

- Introduction to the course (this unit)
- What is a balanced diet?
- What are calories and energy?
- Putting healthy eating into practice
- The things we drink
- Health issues and eating
- Understanding food labels
- The benefits of exercise and activity

This e-learning course is suitable for self paced learning, distance learning and blended learning. This is an online training course and uses high quality multimedia with audio to fully engage the user.

### Partner

Walkgrove Learning is a recognised leader in online training.

### Related Courses



<http://lrnskls.com/45hz>