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# Personal Wellbeing - Healthy Blood Pressure

(26143)



## Course Description

This module has been developed to provide learners with an understanding of the importance of healthy blood pressure.



## Learning Outcome

After completing this course, you will have an understanding of:

- what blood pressure is
- the risk factors that can cause high blood pressure, and
- how to identify which risk factors can be improved through lifestyle changes.



## Course Features

- Adaptics - Kineo's unique approach to refresher training
- professional audio
- animation and interactivity
- WCAG 2.0 accessibility
- mobile compatibility
- formative assessments, and
- a certificate of completion.



## Audience and Duration

This course is for anyone who is interested in improving their heart health.

Duration: 30 minutes