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Personal Wellbeing - Healthy Eating and Your Heart

(26062)



Course Description

This course has been developed to provide learners with an understanding of the key elements of a heart healthy diet and how food can affect the risk factors for heart disease.



Learning Outcome

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

- the key elements of a heart healthy diet, and
- how food can affect the risk factors for heart disease.



Course Features

- Adaptive - 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: 20 minutes