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Personal Wellbeing - Healthy Heart Fundamentals

(26177)



Course Description

This course has been developed to increase your understanding of the risk factors for heart disease and stroke.



Learning Outcome

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

- the basic elements of a heart-healthy lifestyle
- the importance of a heart-healthy lifestyle, and
- how you can make healthy changes to your lifestyle.



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: 25 minutes