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Personal Wellbeing - Healthy Weight and Your Heart

(25964)



Course Description

This course has been developed to provide learners with an understanding of the relationship between weight, diet and heart disease.



Learning Outcome

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

- the relationship between weight and heart disease
- how much energy the body requires, and
- how to choose a heart healthy diet.



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