



trainingunlimited.com.au

# Personal Wellbeing - Physical Activity and Your Heart

(26063)



## Course Description

This course has been developed to provide learners with an understanding of how physical activity affects our health, what can prevent us getting enough activity, and strategies for how we can increase our physical activity levels.



## Learning Outcome

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

- how activity levels affect health
- the factors that can prevent us from exercising adequately, and
- strategies to help us increase our level of physical activity.



## 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: 20 minutes