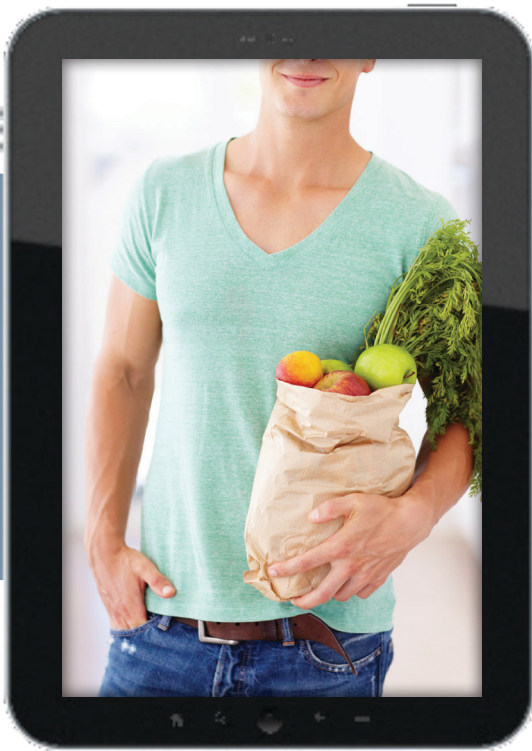




the **skills** network



Health and Wellness Programme

A short programme covering crucial areas of health and well-being.

Overview

Whilst targeting key areas of personal well-being, the programme will also raise awareness of the essential aspects of leading a fit and healthy life. Not only will the sections cover the more obvious benefits of a physically and emotionally healthy lifestyle, but you will uncover some of the more 'unspoken' implications of ignoring basic healthy lifestyle practices.

The programme looks in detail at all aspects of the human body including how we move, respond, think, and live and how this can be affected by our own lifestyle choices.

You will explore the essential aspects of what we need to fuel our bodies in order to begin (or maintain) a fit and healthy lifestyle.

Who is suitable ?

This programme is ideal anyone who is interested in improving their understanding of health and well-being.

This could be:

- **Parents** • **Carers** • **Catering staff or a relevant industry**
- **Those looking to work in the industry**
- **Individuals wanting to increase their knowledge in this area.**

What You Learn

Your programme will be split into four separate units, these are:

Nutrition and Health

- How your diet affects your health • The components of a healthy diet
- Healthy food preparation • Food safety awareness

Exercise Studies

- The principles of exercise • Planning an exercise session
- Staying safe while you exercise

Care and Management of Diabetes

- An introduction to diabetes • The different forms and causes of diabetes
- How diet, exercise and lifestyle affect Type 2 diabetes

Mental Health Awareness

- Understanding stress • Understanding anxiety • Understanding depression

Learning Method

You will use The Skills Network's online learning platform, EQUAL, to complete your programme. Online learning with a difference, EQUAL features:

- **Exciting and engaging content**
- **Interactivity – featuring video and games to learn**
- **Virtual tutors who offer hints and guidance throughout the programme.**