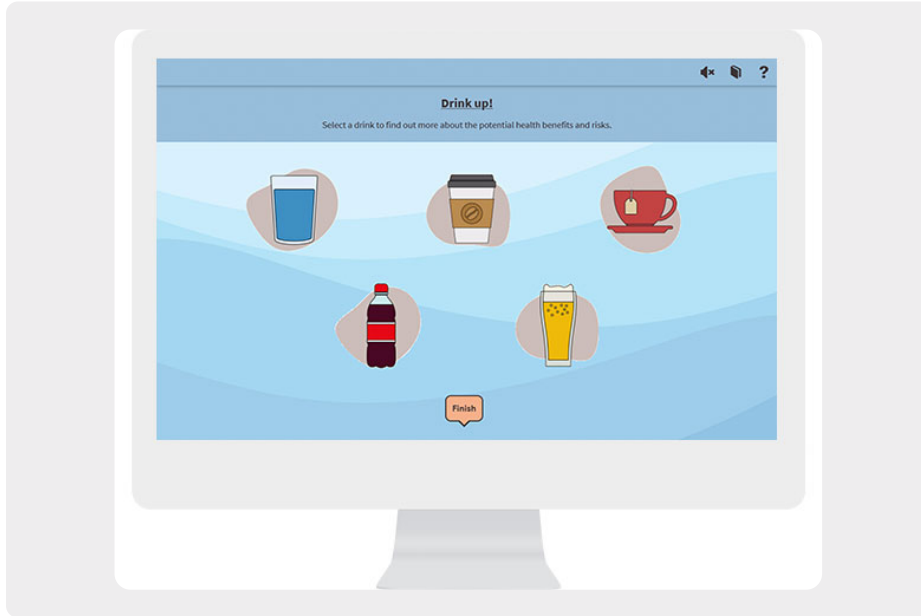


Healthy Lifestyle: Drink



Course Overview

Staying hydrated is important to our health and wellbeing. Water provides everything our bodies need to replenish the fluids it loses. However, there are many different beverages that we can drink. The question is, are we making the healthiest choices? By the end of this course, you will be able to understand how drinking the right things can contribute to a healthier lifestyle.

Key Learning Points

- Understand why hydration is important to our wellbeing.
- Understand the impact of unhealthy drink choices on your overall wellbeing.
- Understand how to make healthy drink choices.
- Understand the impact of healthy drink choices on your overall wellbeing.

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[Technical Requirements](#)

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