

## Healthy Lifestyle: Exercise



### Course Overview

Exercise: some people love it, some people don't, but it's an essential part of a healthy lifestyle. Regular movement comes with a host of physical and mental health benefits, boosting our energy, moods and strength.

This course explores the importance of exercise to our wellbeing and the different options available for incorporating more movement into our daily lives.

### Key Learning Points

- Understand how exercise contributes to better health.
- Understand how it contributes to better overall wellbeing.
- Understand how to incorporate more movement into the learners daily lives.

Learn More 

Technical Requirements 

### Guide Pricing

1+ Licenses	£29 per learner
11+ Licenses	£25 per learner
21+ Licenses	£20 per learner
51+ Licenses	£15 per learner
101+ Licenses	£10 per learner
*guide prices are per learner, per year	

For 150+ learners, please contact us for a quote by telephone or email:

[enquiries@delta-net.co.uk](mailto:enquiries@delta-net.co.uk)  
+44 (0)1509 611019

### Great Value Package

You can buy this course on its own or for greater value why not buy the full package of Performance Training courses?

For more info visit:

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