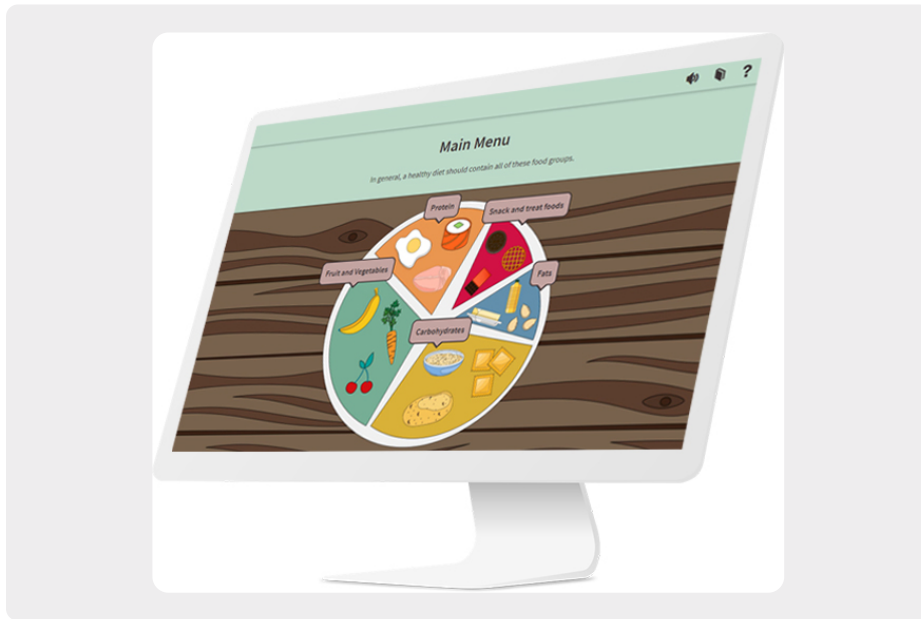


Healthy Lifestyle: Food



Course Overview

A balanced and varied diet is an important part of a healthy lifestyle. Consuming good quality food promotes good physical and mental health, boosting your mood and increasing your energy levels.

This course explores what you can do to make sure you're getting the most from your diet.

Key Learning Points

- Understand the health benefits of a healthy diet
- Understand how this can have a positive impact on your wellbeing
- Recognise the different nutrients that make up healthy food

[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
+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:

<https://www.delta-net.com/performance-management>

2021 ★★★★★ feefo Platinum Trusted Service Award

