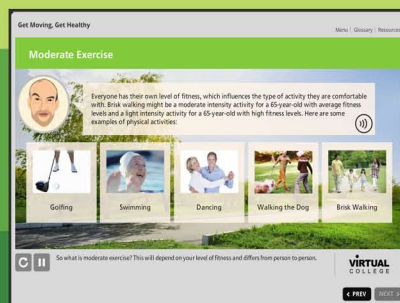
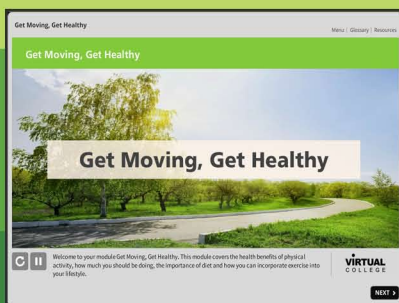


Get Moving, Get Healthy



Who is this course for?

This course is free for everyone and is aimed at anyone who would like to learn more about physical exercise and its health benefits.

Course details

This online course will help you learn why physical activity is important in the promotion of good health, how physical activity can be used to help reduce the risk of developing chronic diabetes, including type 2 diseases, how much physical activity is recommended and how regular physical activity can be incorporated into a healthy lifestyle.

Register now for free at:

<http://nationalpatientsafetytsuite.virtual-college.co.uk>