

Workplace Wellbeing

Healthy Living

This module explores the importance of a healthy diet, exercise and sleep and the influence each of these have on an individual's health and wellbeing. We will look at a variety of food types and what makes a healthy lunch box. We will explore the benefits of exercise and finally look at some methods for improving the quality and quantity of your sleep.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:12)

English Subtitles

13 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Be mindful about what you eat and make healthy choices.
2. Take regular exercise.
3. Get plenty of good quality sleep.

