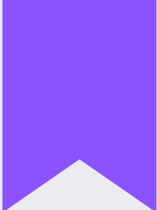


Health & Hygiene






Want to save £4,000? I bet the answer is yes! That is roughly the average expense of the NHS allocated for every person in the UK.

Our incredibly talented and dedicated healthcare professionals are trying their level best to provide healthcare for you. It is time you do your part too.

By maintaining a healthy and hygienic life, you can not only lead a better life for yourself but also save our precious resources. Our expertly crafted Health and Hygiene bundle will allow you to learn the basics of personal hygiene to healthy lifestyles and habits.

Health & Hygiene Courses:

- **Personal Hygiene Training**
 - **Healthy Heart: Safeguard Yourself from Heart Attack Course**
 - **Healthy Lifestyle and Habits Course**
 - **JOINT HEALTH Course**
 - **Biohacking Secrets: Boost Your Physical & Mental Health**
 - **Coping Skills: For A Better Life!**
- 

Course Content Overview

Personal Hygiene



Course Coverage

A healthy lifestyle starts with good personal hygiene. Personal hygiene includes nail and hair care, foot care, and keeping the body clean to prevent the spread of germs. Feeling and looking good are important factors for the emotional and physical well-being of a person.

In most schools and colleges, such types of life skills aren't taught during academic years. As we grow older, we begin to realise how important such life tools are to establishing the paths of our future careers and, therefore, who we will be in the future. In order to grow, it is important to sharpen both professional and personal tools.

This course will cover nail and foot care, oral health, and ways to improve your daily skincare routine. After completing this Personal Hygiene Course, you will have the practical knowledge necessary to improve your general hygiene routine and maintain a high standard of personal care.

Module One: Introduction to Personal Hygiene

This module will discuss the importance of personal hygiene and outline some daily habits that can help you maintain hygiene in your everyday life.

Key Topics:

- What is Personal Hygiene?
- Importance of Personal Hygiene
- Personal Hygiene Habits in Daily Life
- Adverse Effects of Poor Personal Hygiene
- Personal Hygiene Routine Tips

Module Two: Oral Hygiene

In this lesson, you will learn how to brush, floss, and take care of your mouth.

Key Topics:

- The Aim of Oral Hygiene
- The Importance of Oral Hygiene
- Suggestions for Brushing and Flossing
- Tips for Maintaining A Healthy Mouth

Module Three: Personal Hygiene for Eyes and Ears

Learn the importance of eyes and ears in this lesson. In addition, you will learn how to maintain and protect them.

Key Topics:

- Why Should You Take Care of Your Eyes?
- How to Protect Your Vision?
- Why Should You Take Care of Your Ears
- How to Protect Your Hearing?

Module Four: Foot and Nail Care

Learn how to take proper care of your feet and nails by completing this lesson.

Key Topics:

- Importance of Foot Hygiene
- How to Keep Your Feet Healthy and Fit?
- Importance of Nail Care
- How to Keep Your Nails Clean, Healthy, and Beautiful?

Module Five: Skin and Hair Care

In this lesson, you will learn how to take care of your hair and skin. In addition, you will learn how to maintain your hair and skin in daily life.

Key Topics:

- How to Take Care of Your Skin?
 - Suggestions for Smooth and Clean Skin
 - Suggestions for Avoiding Harmful Sunburn
 - Solutions to Keep Skin Free from Pimples
 - Tips for Removing Blackheads from The Skin
 - Skin Growth That Is Extraneous: How to Care for It
 - Impetigo: How to Prevent it
- How to Have Well-Groomed Hair?
 - Tips for Maintaining Healthy and Attractive Hair
 - How to shampoo your hair?
 - Dandruff Prevention
 - Scalp disease prevention



Module Six: Home and Everyday Life Hygiene

In this lesson, you will learn how maintaining good hygiene at home can benefit your health and that of your family members.

Key Topics:

- Importance of Good Home Hygiene
- Understanding How Germs Spread and Cause Illness
- Tips for Properly Cleaning The Home
 - Cleaning The Common Indoor Surfaces
 - Cleaning the Yard and Outside Surfaces
 - Cleaning and inspecting The HVAC System, Air Ducts, And Dryer Vents
 - Cleaning the Areas Where Dust and Debris Accumulate
- Benefits of Cleaning The Areas That Tend to Accumulate Clutter
- Personal Hygiene Tips at Home
 - Personal Hygiene for You, Your Kids and Pets While at Home
 - How to Handle Food at Home?
- Tips on How to Protect Yourself From Covid-19 Through Proper Cleaning And Hygiene

Aims of The Training:

By the end of the course, you will be able to -

- Take Care of Yourself Every Day
- Keep Your Oral Hygiene in Check
- Learn how to take care of your eyes, ears, feet, nails, skin, and hair
- Get the Best Personal Hygiene Advice for You and Your Family





Course Content Overview

Healthy Heart: **Safeguard Yourself** **from Heart Attack**

Course Coverage

Chest pressure, heaviness, tightness, or a sensation of being squeezed suddenly. A heart attack, perhaps? Or a common digestive issue. We frequently fail to differentiate between these problems. This course will reveal all the queries on heart attack and make your heart healthier.

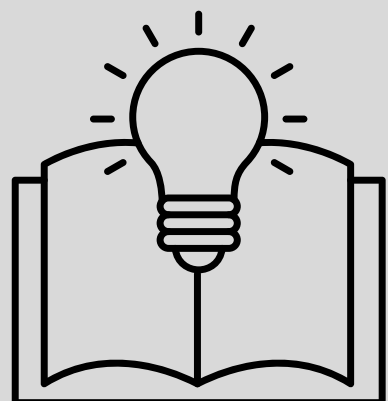
This course will cover all heart attack-related symptoms and signs, including those that differ between men and women. We will help you manage complications and get follow-up care when you have heart problems. We understand how frightening a sudden heart attack can be; in this course, you'll learn how to handle the situation on your own. We will also discuss the risk factors and preventative measures for having a healthy heart. This course will teach you how meditation can keep your heart healthy and prolong its life.

Our industry-standard, complete "How To Handle A Heart Attack & How To Make Your Heart Healthier" course will help you to learn when it's about maintaining your heart-related issue. This course is top-rated due to its growing market demand.

Hurry up! grab the course. Enrol Now!

Key Topics That Will be Discussed In This Course:

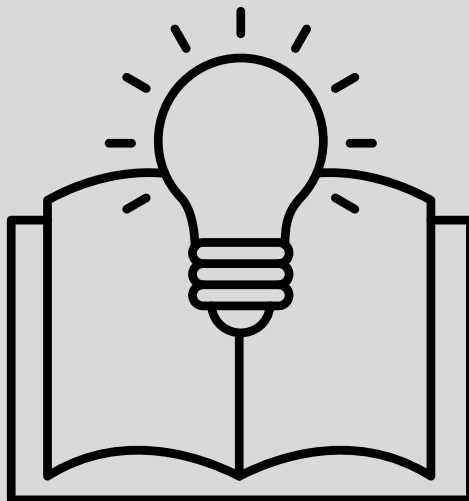
- What Is A Heart Attack
- Complications of a Heart Attack
- Emergency Care for a Heart Attack
- Risk Factors for Heart Disease
- Lifestyle Choices for your Heart
- Remedies for a Healthy Heart



Aims of The Training:

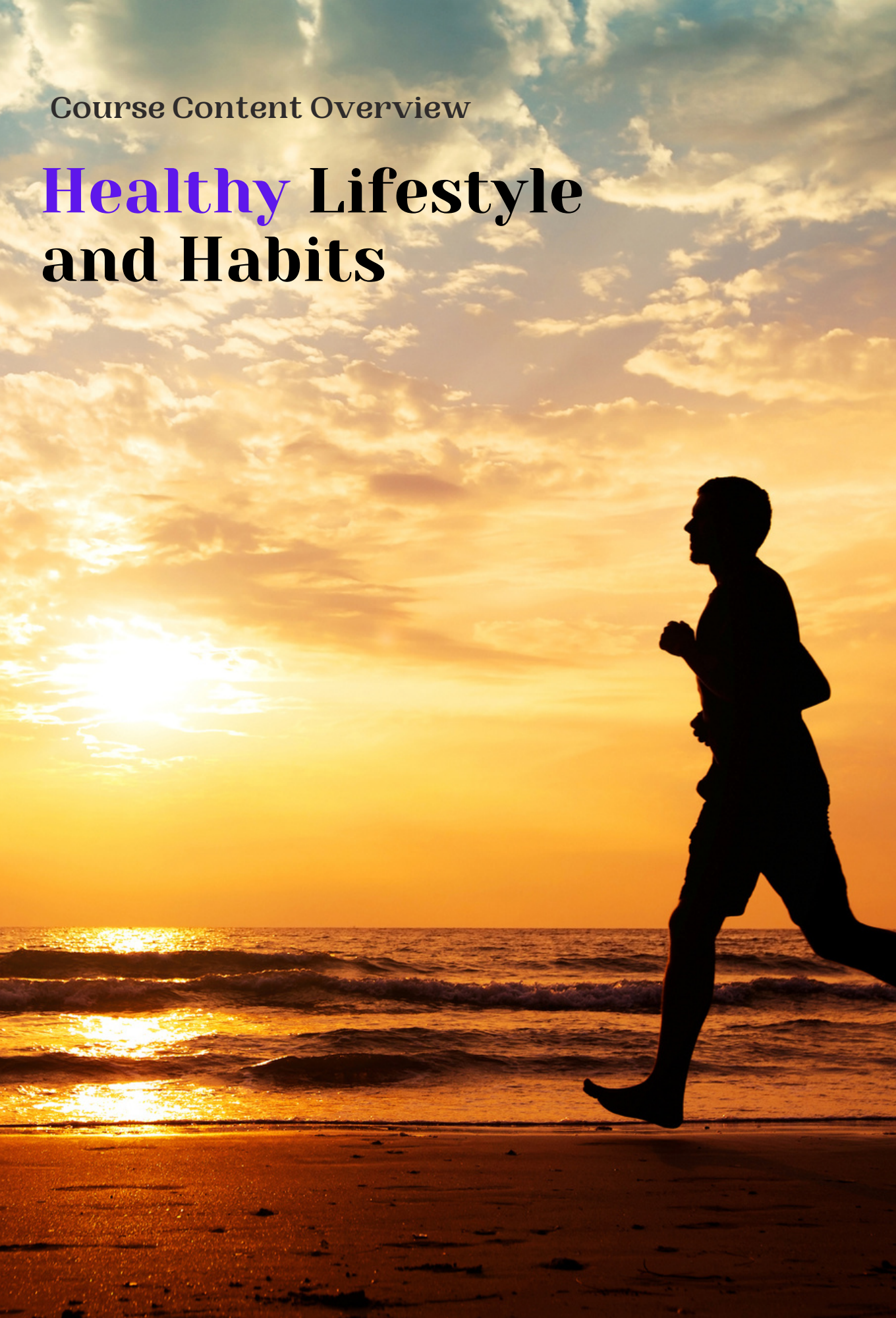
By the end of the course, you will be able to:

- Learn How To Spot a Heart Attack
- Understand what the complications of a heart attack are and about Follow-up Care
- Know instant action when a heart attack occurs
- Explore the importance of lifestyle change



Course Content Overview

Healthy Lifestyle and Habits



Course Coverage

Our bad habits force us to fail when we need to prove ourselves. Adopting healthy lifestyle habits can have a great impact on our ability to succeed. This course teaches you how to live a healthy lifestyle and develop good habits.

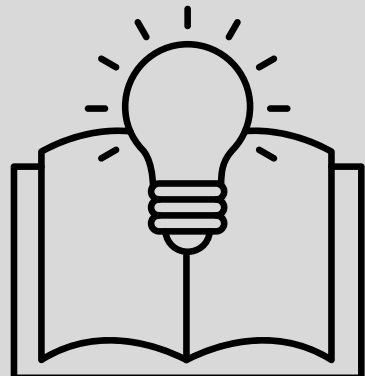
When you struggling to develop healthy lifestyle habits, our course will give you all the advice you need. We will help you finish your work on time and maintain a healthy work-life balance by overcoming procrastination. Our simple tactics will help you overcome your sloth and bad lifestyle when you are desperately trying to stop. Also, we will teach you how to maintain energy and alertness throughout the day. Additionally, you will learn from our experts about the major impacts a nutritious diet can have on your overall quality of life.

This “Healthy Lifestyle and Habits” course was designed by an expert instructor to provide you with the best learning experience possible. Our goal is for you to learn and apply the lessons from this course to improve yourself.

Grab the course. Enrol Now!

Key Topics That Will be Discussed In This Course:

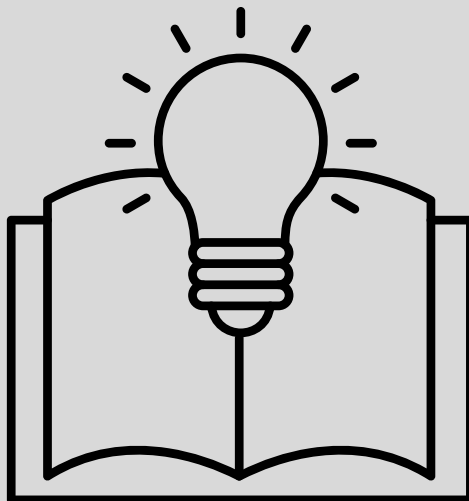
- What are Healthy Habits
- Lifestyle Choices
- Quality of Life/Work-Life Balance
- Getting the Best out of your Daily Routines
- Health and Fitness Tips
- Healthy Diet Hacks
- How to Get More Quality Sleep
- Benefits of Drinking More Water



Aims of The Training:

By the end of the course, you will be able to:

- Learn how to avoid unhealthy habits plus 3 little-known qualities of healthy habits
- Discover one mistake that strains interpersonal relationships
- Explore 6 hacks to help you build a successful daily routine
- Know how to get better sleep by using your 'Circadian Rhythm'
- Discover the surprising benefits of drinking more water



Course Content Overview

JOINT HEALTH



Course Coverage

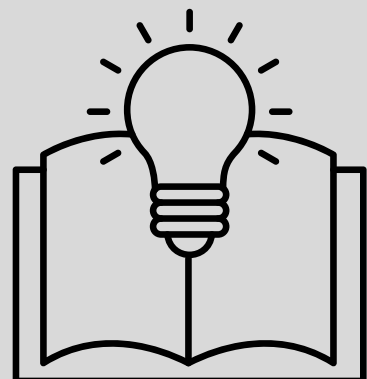
Everyone can find joint pain to be quite frustrating. The worst affected by this issue are primarily the elderly, and certain disorders like arthritis can intensify joint pain. This course teaches you several ways to use in order to treat joint discomfort.

You will learn how your joints work, what causes joint discomfort, and how inflammation worsens it. Joint pain, such as arthritis, can be managed and avoided by following the course's guidelines. Because of your concern over the risk factor, you will learn about joint maintenance exercises and how they should be performed appropriately. Find out what foods can ease pain and help joints heal. This course discusses joint healing supplements as well as home remedies for joint discomfort.

With our industry-standard, complete "Joint Health" course, you'll learn how to prevent joint pain and how to deal with it. This course is top-rated due to its growing market demand.

Key Topics That Will be Discussed In This Course:

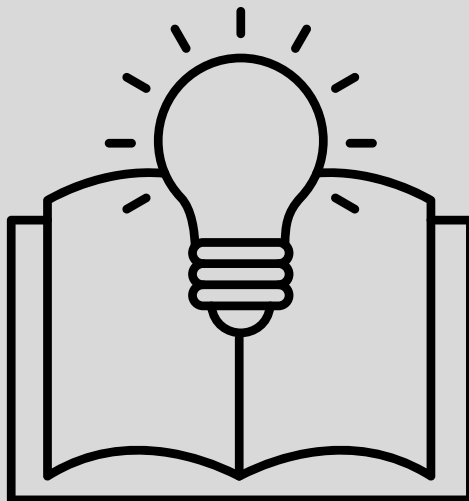
- Introduction to Joint Health and First Concepts
- The Importance of Joint Health
- Common Joint Problems
- Exercise Your Joints
- Balance Your Diet
- Watch Your Weight
- Home Remedies for Joint Pain
- Best Joint Supplements
- Other Options for Joint Pain
- Final Thoughts & Ideas



Aims of The Training:

By the end of the course, you will be able to:

- Understand the causes and symptoms of common joint problems
- Find out how arthritis damages joints and how to prevent or slow down the effects
- Discover how to prevent injuries and “wear and tear” on joints
- Learn about joint problems and diseases that damage joints
- Understand how to maintain your joints and how to strengthen them through exercise and diet
- Find out about treatments, therapies, and home remedies



Course Content Overview

Biohacking Secrets: **Boost Your Physical &** **Mental Health**



Course Coverage

As we all know, “health is wealth”. “Biohacking” refers to modifying the body or mind to function better. Lack of self-care can result in various health problems, resulting in an unhappy body and soul. This course aims to help you to boost your mental and physical health.

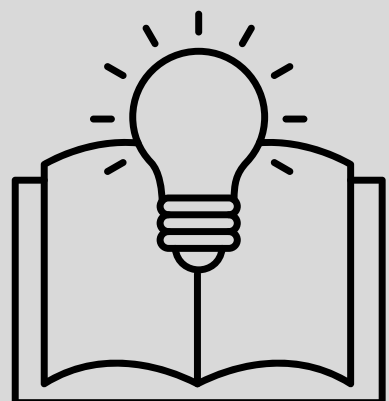
In this course, you will learn how to become more active, improve the accuracy of your diet chart, and what meditation and mindfulness are. As part of this course, you will know how to use weightlifting equipment efficiently and how to manage your sleeping patterns precisely. Additionally, you will discover the advantages of probiotics and a well-kept trick for mental wellness. As the course proceeds, we’ll assist you in creating habits that will eventually be good for your health and mind.

The industry-standard, comprehensive “Biohacking” course will help you achieve a solid and compact understanding of your health. This course is top-rated due to its growing market demand.

Now is the time to enrol, so don’t delay!

Key Topics That Will be Discussed In This Course:

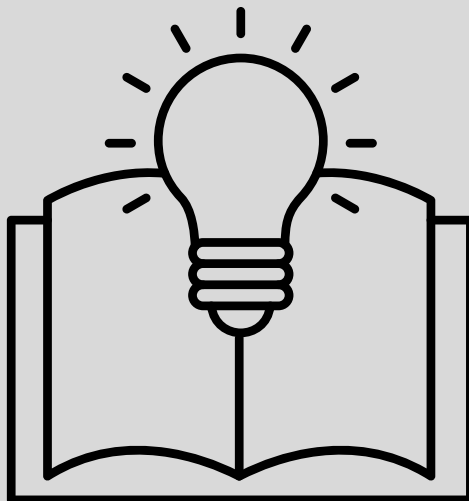
- Track Your Sleep
- Protect Yourself From Blue Light
- Try Red Light Therapy
- Practice Mindfulness
- Get More Active
- Drink Alkaline Water
- Eat More Whole Foods
- Add Probiotics To Your Diet
- Benefits Of Cryotherapy
- Purify Your Air



Aims of The Training:

By the end of the course, you will be able to:

- Learn About The Advantages of Probiotics
- Understand Blue And Red Light
- Learn The Advantages of Mindfulness & Meditation
- Discover The Effects Of Sleep On Your Mind, Body, Health, And Lifespan



Course Content Overview

Coping Skills: For A Better Life!



Course Coverage

The ability to cope with new circumstances is referred to as coping skills. Life frequently presents us with unfamiliar situations or new phases. Often, these situations cause us to feel upset or stressed at that time. The course will explain how people can learn coping mechanisms.

In this course, you will learn all the elements of coping skills, whether you want to learn new coping skills or work in the helping profession. The course includes stress management and reducing negative self-talk, as well as problem-solving techniques, understanding self-esteem, and problem-solving methods. You will learn how to improve your communication skills, boost your relationship skills, and gain the power of acceptance.

The industry-standard, comprehensive “Coping Skill” course will help you achieve a solid and compact understanding of coping strategies. This course is top-rated due to its growing market demand.

So enrol now and beat your fear against the odds.

Key Topics That Will be Discussed In This Course:

- Coping Skills-Goals & Resources
- Beginning Concepts
- Reprogramming Your Mind
- Escaping Your Story
- Boosting Your Personal Power
- The Power Of Modeling & Language
- The Power Of Choice
- Critical Thinking Skills
- The Amazing Power Of Habits
- The Twin Powers Of Attitude & Acceptance
- Some Keys To Happiness
- More Coping Skills
- Improving Communication
- Anger Management Skills



Aims of The Training:

By the end of the course, you will be able to:

- Discover How to Reduce Muscular Tension
- Learn to relax your mind and thoughts and Increase Your Power
- Understand how to strengthen your relationship skills
- Develop better communication skills, gain acceptance power, and more

