

Free online HEALTH AND FITNESS COURSES

Did you know that you can access FREE online health and fitness courses, right here in your community?

Physical fitness and health-related courses teach you how to improve your health and well-being. Learn to establish and maintain a positive and healthy lifestyle with these online options:

- **Cultivating Fitness in Kids:** Learn the key aspects of exercise and physical literacy in children's development.
- **Healthy Choices, Healthy Lifestyle:** Use behavioural change theories to establish and maintain a positive and healthy lifestyle.
- **Holistic and Integrative Health:** Discover the growing need for a "different" healthcare system, combining the external, physical, and technological successes of medicine with an internal, non-physical exploration of healing.
- **Fitness Tips and Workout Routines:** Learn to put together a top quality workout routine.

For more information, please call your Contact North | Contact Nord Online Learning Recruitment Officer,

at

or e-mail



Get your degree, diploma or certificate or upgrade your skills online without leaving your community.

Ontario 

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