


# Creating Healthy & Active Lifestyles For Children

**Duration:** 5 Days

**Language:** en

**Course Code:** IND15 - 118

## Objective

Upon completion of this course, participants will be able to:

- Understand the factors contributing to childhood obesity and inactivity.
- Learn strategies for promoting physical activity and healthy eating among children.
- Develop skills to design and implement community-based health programs.
- Explore effective communication techniques for engaging children and families.
- Enhance their ability to advocate for policies supporting child health and activity.

## Audience

This course is intended for:

- Pediatricians and healthcare professionals
- Educators and school administrators
- Community health workers
- Public health professionals
- Fitness and nutrition experts
- Graduate students in health and education fields

## Training Methodology

The course employs a blend of instructional methods, including:

- Interactive lectures
- Practical workshops and activities
- Group discussions and case studies
- Expert-led Q&A sessions
- Comprehensive course materials and resources

## Summary

This comprehensive course focuses on promoting healthy and active lifestyles among children. Participants will explore strategies for addressing childhood obesity, encouraging physical activity, and fostering healthy eating habits. The course combines evidence-based practices with practical applications, equipping healthcare professionals, educators, and community leaders with the tools to create supportive environments for children’s health and well-being.

# Course Content & Outline

### Section 1: Understanding Childhood Health

- Overview of childhood obesity and its health impacts
- Epidemiology and risk factors for unhealthy weight
- Psychological and social aspects of childhood health

### Section 2: Promoting Physical Activity

- Benefits of physical activity for children
- Designing age-appropriate exercise programs
- Strategies for increasing physical activity in schools and communities

### Section 3: Encouraging Healthy Eating

- Nutritional needs of children
- Developing healthy eating habits from a young age
- Addressing barriers to healthy eating in different environments

### Section 4: Community and School-Based Interventions

- Designing effective health promotion programs
- Implementing school-based health initiatives
- Engaging community stakeholders in child health projects

### Section 5: Practical Applications and Case Studies

- Hands-on activities for promoting active lifestyles
- Creating personalised health plans for children
- Case studies and collaborative problem-solving
- Course review and expert Q&A

## Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Assessment Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

## Categories

Entertainment, Hospitality & Sports, Health, Safety & Environment HSE, Healthcare & Pharmaceutical

## Tags

health, Children Health, Lifestyle

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