

ACSA PERSONAL WELLBEING PACK

Diabetes and your Heart	2
Healthy Blood Pressure and your Heart	2
Healthy Eating and your Heart	3
Healthy Heart Fundamentals	3
Healthy Weight and your Heart	4
Physical Activity and your Heart	4
Shopping and your Heart	5

DIABETES AND YOUR HEART

Course Duration

15 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of diabetes, how and why it develops and strategies for managing diabetes or preventing it from developing.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- diabetes as a condition
- how and why diabetes develops, and
- how to prevent it developing.

HEALTHY BLOOD PRESSURE AND YOUR HEART

Course Duration

30 minutes

Subject Matter Expert

University of South Australia

This module has been developed to provide learners with an understanding of the importance of healthy blood pressure.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- what blood pressure is
- the risk factors that can cause high blood pressure, and
- how to identify which risk factors can be improved through lifestyle changes.

HEALTHY EATING AND YOUR HEART

Course Duration

20 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of the key elements of a heart healthy diet and how food can affect the risk factors for heart disease.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- the key elements of a heart healthy diet, and
- how food can affect the risk factors for heart disease.

HEALTHY HEART FUNDAMENTALS

Course Duration

25 minutes

Subject Matter Expert

University of South Australia

This course has been developed to increase your understanding of the risk factors for heart disease and stroke.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- the basic elements of a heart-healthy lifestyle
- the importance of a heart-healthy lifestyle, and
- how you can make healthy changes to your lifestyle.

HEALTHY WEIGHT AND YOUR HEART

Course Duration

25 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of the relationship between weight, diet and heart disease.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- the relationship between weight and heart disease
- how much energy the body requires, and
- how to choose a heart healthy diet.

PHYSICAL ACTIVITY AND YOUR HEART

Course Duration

20 minutes

Subject Matter Expert

University of South Australia

This course has been developed to provide learners with an understanding of how physical activity affects our health, what can prevent us getting enough activity, and strategies for how we can increase our physical activity levels.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- how activity levels affect health
- the factors that can prevent us from exercising adequately, and
- strategies to help us increase our level of physical activity.

SHOPPING AND YOUR HEART

Course Duration

10 minutes

Subject Matter Expert

University of South Australia

This course has been designed to provide you with an understanding of how shopping strategies can promote heart health.

Target Audience

This course is for anyone who is interested in improving their heart health.

Learning Outcomes

This course will provide an understanding of:

- the importance of pre-planning your shop
- strategies to make healthy shopping decisions, and
- how to read nutrition labels.