



Eating Right, Living Right

This course supports you in leading a healthier life. It includes three units: healthy eating, fitness and personal health. Interesting, hands-on learning make this an enjoyable class.

You will tour a grocery store with a dietician, who will help students make healthy food choices and offer shopping tips.

With the support of a personal trainer, you will try out activities such as Zumba, yoga and kick boxing to find out what fits your fitness style and goals.

In the health unit, you'll learn about safety and using medications from a pharmacist. You'll also discuss how to make the most of your visits to the doctor.

When you finish this course, you will:

- » be more confident about living a healthier life
- » have the skills and knowledge to make healthy choices
- » have experience in a variety of fitness activities
- » be able to prepare for medical appointments with confidence

More than just a class

- » meet new people and build a social network
- » take part in interactive learning activities
- » experience campus life at Mount Royal University



FOR MORE INFORMATION CONTACT:

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