Mindluster Platform

About the course Healthy lifestyle foundations

Healthy lifestyle course, in this course we will learn about the principles and practices of maintaining a healthy lifestyle. From nutrition and exercise to stress management and sleep optimization, we'll explore various aspects that contribute to overall wellbeing. Through interactive lectures, discussions, and practical exercises, students will gain insights into fostering healthy habits, enhancing physical and mental health, and creating sustainable lifestyle changes. Join us on a journey towards a happier, healthier you!

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **6 Ways to Make Healthy Habits Stick in 2023 The Cooking Doc**

Lesson 2 : **Create Long Lasting Healthy Eating Habits The Cooking Doc**

Lesson 3 : **Are You Eating Too Much Sugar Avoid These High Sugar Foods**

Lesson 4 : **Don t Make A New Year s Resolution Do This Instead**

Lesson 5 : **The 6 Things I Eat Every Day The Cooking Doc**

Lesson 6 : **What is the Healthiest Type of Sugar The Cooking Doc**

Lesson 7 : **Hacks for Healthy Eating on a Budget The Cooking Doc**

Lesson 8 : **What s Worse Natural Sugar or Added Sugar**

Lesson 9 : **What Happens When You Start Eating Healthy**

Lesson 10 : **Why is Eating Healthy so Hard**

Lesson 11 : **What is a Kidney Friendly Diet and How do I Start Eating One**

Lesson 12 : **Everything You Should Know About the Mediterranean Diet**

Lesson 13 : **Five Foods You Should Be Eating If You Have Kidney Disease**

Lesson 14 : **Can What You Eat Reverse Kidney Disease**

Lesson 15 : **3 Simple Exercises to Help Lower Blood Pressure**

Related courses

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