Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Maintaining a Healthy Lifestyle

Unit Reference Number: M/615/6676

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):		Assessment Criterion (The Learner can):	
1.	Know what contributes to a healthy lifestyle	1.1	Outline factors that contribute to a healthy lifestyle
		1.2	Outline benefits of living a healthy lifestyle
2.	Know how activities contribute to a healthy lifestyle	2.1	List activities that support a healthy lifestyle
		2.2	Identify the benefits of activities on personal wellbeing as a result of taking part in activities
3.	Know what contributes to an unhealthy lifestyle	3.1	Outline activities and choices that hinder a healthy lifestyle
		3.2	Outline how these activities and choices can have a negative effect on personal wellbeing
4.	Know how to develop a personal healthy lifestyle plan	4.1	Outline positive and negative aspects of own lifestyle
		4.2	Produce an action plan to improve own health and wellbeing

The intellectual property rights remain with Open Awards.