

Learn Well. Live Well.

Foundations for a Healthy Lifestyle

Foundations for a Healthy Lifestyle is a web-based, comprehensive personal health and wellness course for the higher ed market. The course utilizes self-assessments, discussion assignments, and labs to create a personalized active learning experience and to apply the science of well-being to students' lives.

Foundations for a Healthy Lifestyle can support on-ground and online classes for thousands of students each semester.



Why Instructors Love It:

ACTIVE LEARNING

Make learning easier. Enable students to be more successful with our active learning approach to course and content design.

SIMPLE SETUP

Make teaching easier. Pre-built modules can be used as-is or customized to align with course goals. Streamline course start-up with our course implementation specialists.

EASE OF USE

Maximize your time. Manage multiple course sections easily. Auto-graded labs and self-assessments will reduce grading time, so you can increase teaching time.

REAL-TIME VISIBILITY

Know what your students are viewing. Data analytics provide visibility regarding course engagement, progress, and success. Allows for early intervention, giving the instructor the opportunity to adjust for course success.

SUPPORT MATERIALS

A library of content at your fingertips. Additional content used and approved by professors across the country: PowerPoint presentations, quiz banks, interactive online chapters, self-assessments, discussions, reflections...etc.

EDUCATIONAL DESIGN

Have more content you want to implement? We supply editorial and educational design support for new course materials. Focus on the content, we'll do the rest.

"I get a lot of feedback after the course about how much fun the course was and how what they learned in the course applies to their lives now!"

- Marcia Rosiek, Instructor, Coastal Carolina University

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MODULES

WHO AM I?

establish a healthy concept of self

WHY DO I FEEL THIS WAY?

motivation for making healthy change

WHY BE FIT?

functional fitness— a foundation for life

WHERE DO I “FIT”?

cardiorespiratory fitness

WHY SHOULD I STRETCH?

improving flexibility

WHAT ARE MY STRENGTHS?

muscle endurance and strength

AM I WHAT I EAT?

enjoy nutritious foods

HOW DO I MEASURE RISK?

maintaining a healthy weight

AM I MANAGING STRESS?

making stress work for you effectively

HOW DOES THE BRAIN WORK?

understanding mental health

COULD I BE ADDICTED?

avoid addictive behaviors

WHY DOES LIFESTYLE MATTER?

reduce risk to chronic disease

HOW DO I DEFEND AGAINST INFECTIONS?

infectious diseases and your immune system

HOW DO I STAY SEXUALLY HEALTHY?

promote your sexual health

ARE MY RELATIONSHIPS HEALTHY?

healthy living within society

WHAT BRINGS ME JOY?

individual and family recreation

HOW DO I MANAGE MY HEALTH CARE?

resources to help me be well

HOW CAN I CONTRIBUTE?

live a healthy lifestyle within family, community, and the world



We help you create a **SUCCESSFUL** learning environment for both the **INSTRUCTOR** and the **STUDENTS.**

Why Students Love It:

- > Engaging activities that can be applied to their real lives
- > Visual reminders make assignments, points, and due dates clear
- > Mobile and tablet responsive so that they can complete assignments from anywhere, anytime
- > Straightforward user interface that is designed to save time and effort to make learning easier
- > Help that is always a click away

“This course was not, as I expected, an attempt to shame me into exercising, eating right, and (somehow) not being stressed, but a gentle attempt to equip me with the knowledge and tools I need to treat myself the way I deserve to be treated.”

- 2015-2016 Kennesaw State University Student

Questions? Ready to take the first step?

contact us at learnmore@perceivant.com

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