


BUILD STRENGTH, BUILD KNOWLEDGE

Way2Learn 

- + Train smarter
- + Eat healthier
- + Build life-long wellness

Fitness for Life is a self-study course delivered in 4 engaging episodes, broadcasted directly to your TV via the **Way2Learn** channel.

Build your knowledge, improve your training routine, and earn certificates of achievement along with CPD accredited points to boost your CV.

**MONDAYS &
WEDNESDAYS**

Ep1: Health & Exercise - Monday Wednesday

Ep2: A Healthy Balanced Diet

Ep3: Health and Safety in a Gym

Ep4: Structure and Self-Directed Exercise

**SUBMIT AN APP TODAY
TO SIGN UP FOR
'FITNESS FOR LIFE'**