

PPZ 30 (Health for Life)

Grade 11: Open

This course helps students develop a personalized approach to healthy living. Students will examine the factors that affect their own health and the health of individuals as members of the community. They will learn about the components of the *Vitality* approach to healthy living– an initiative that promotes healthy eating, an active lifestyle, and a positive self-image.

Throughout this course, students will develop the skills necessary to take charge of and improve their own health, as well as to encourage others to lead healthy lives.

**Prerequisite:** None