



e-learning

Healthier living with mobile apps

In the meantime, there are tons of apps on the subject of health. It's easy to lose track of them all. To make it easier for you to find your way through the app jungle, we present the top apps from the health sector in this e-learning course.

Group of participants:

For those who want to create more freedom through the right apps.

Duration: **approx. 0,5 hours**

Language:  

Learning objectives

- ✓ You know the top apps from the health sector and how apps can help you achieve your goals.
- ✓ You can use apps to improve your physical and mental well-being.
- ✓ They can use apps to eat more mindfully.
- ✓ They can use apps to track and evaluate their performance in sports.

Contents

How can I live healthier?

How can I do more sport?



Information on the web

www.haufe-akademie.de/el



Let us advise you

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