

LEARNING PATHS

FITNESS



We all want to be happy, confident, and healthy but achieving these states of being can be a challenge. Use scientifically based approaches to improve your physical, mental, and emotional health, while gaining tools that may help you achieve holistic happiness.

Physical Fitness (Choose 3)

Avoid the fads, embrace the facts. Hear the scientific data from the experts behind diet, fitness, exercise, and wellness trends to learn what really works.

- [Essentials of Strength Training](#)
- [Changing Body Composition through Diet and Exercise](#)
- [The Science of Natural Healing](#)
- [Tai Chi for Aging with Strength and Tranquility](#)
- [How to Stay Fit As You Age](#)
- [The Power of Body Language](#)
- [Nutrition Made Clear](#)
- [The Mayo Clinic Diet: The Healthy Approach to Weight Loss](#)
- [Essentials of Strength Training](#)

Mental Fitness (Choose 2)

Learn about the new fields in psychology and the ancient practices that have been proven to empirically support paths to happiness and contentment.

- [Scientific Secrets for Raising Kids Who Thrive](#)
- [Optimizing Brain Fitness](#)
- [Real Zen for Real Life](#)
- [How to Build a Thriving Workplace: A Leader's Guide](#)
- [Cognitive Behavioral Therapy for Daily Life](#)

- ❑ [How to Boost Your Physical and Mental Energy](#)
- ❑ [Practicing Mindfulness: An Introduction to Meditation](#)
- ❑ [Outsmart Yourself: Brain-Based Strategies to a Better You](#)
- ❑ [The Aging Brain](#)

Emotional Fitness (Choose 1)

With a variety of perspectives, these courses will help you learn methods to put your best self out there and refocus areas of negativity, stress, or anxiety.

- ❑ [Why You Are Who You Are: Investigations into Human Personality](#)
- ❑ [Your Public Persona: Self-Presentation in Everyday Life](#)
- ❑ [How to Make Stress Work for You](#)
- ❑ [The Psychology of Performance: How to Be Your Best in Life](#)