

Transcript

Physical activity for health and wellbeing in the caring role

NARRATOR:

Evidence suggests 3 in 5 of us will become an unpaid carer at some point in our lives. As such, understanding how this role might impact on an individual's life, and how the caring role can be supported, should be a top priority. In this free course, you'll examine the physical and mental health implications of the caring role and learn how physical activity can be used to promote health and wellbeing for carers. So, whether you're a carer yourself, work with a carer, or know someone who is a carer, get started on this course today and see how to make a positive impact for yourself and the people around you.