Lifestyle Disease Prevention Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Lifestyle diseases such as diabetes, hypertension, cardiovascular disease, obesity, and metabolic syndrome are rapidly increasing due to sedentary behavior, unhealthy diets, chronic stress, and lack of physical activity. Lifestyle Disease Prevention Training Course is designed to equip learners with evidence-based strategies in preventive healthcare, wellness management, nutrition optimization, fitness behavior change, and holistic health promotion. This program emphasizes early intervention, risk factor reduction, and sustainable lifestyle modification aligned with global public health priorities.

With rising global focus on preventive medicine, digital health, wellness coaching, and non-communicable disease (NCD) management, this course empowers participants to implement practical interventions for individuals and communities. It integrates behavioral science, clinical nutrition, fitness protocols, mental wellness strategies, and public health education to reduce the burden of chronic diseases and improve quality of life through long-term lifestyle transformation.

Programme Curriculum

Lifestyle Disease Prevention Training Course

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Course Duration

5 days

Course Objectives

1. Understand global burden of non-communicable diseases (NCDs)
2. Analyze risk factors of lifestyle-related chronic diseases
3. Apply principles of preventive healthcare and wellness medicine
4. Promote healthy nutrition and dietary behavior change
5. Design physical activity and fitness intervention programs
6. Implement stress management and mental wellness strategies
7. Develop behavioral change communication techniques
8. Integrate sleep health and circadian rhythm optimization
9. Conduct health risk assessments and screening programs
10. Promote community-based health education initiatives
11. Utilize digital health tools and wearable technology
12. Support weight management and metabolic health optimization
13. Build competencies in lifestyle medicine coaching and counseling

Target Audience

1. Healthcare professionals (doctors, nurses, allied health workers)
2. Public health practitioners and policymakers
3. Fitness trainers and wellness coaches
4. Nutritionists and dietitians
5. Corporate wellness program managers
6. Psychology and mental health professionals
7. Medical and health science students
8. NGO and community health workers

Course Modules

Module 1: Foundations of Lifestyle Diseases

- Overview of NCDs and global epidemiology
- Risk factors: diet, inactivity, stress, genetics
- Disease progression mechanisms
- Prevention vs treatment paradigms
- Health economics of chronic diseases
- **Case Study:** Rising diabetes prevalence in urban populations due to processed food consumption and sedentary office lifestyles.

Module 2: Nutrition and Dietary Interventions

- Balanced diet frameworks (Mediterranean, DASH, plant-based)
- Glycemic control and insulin resistance management
- Role of micronutrients and antioxidants

- Food labeling and nutritional literacy
- Meal planning for disease prevention
- **Case Study:** Reversal of prediabetes through structured low-carb and fiber-rich dietary intervention.

Module 3: Physical Activity and Fitness Medicine

- Exercise physiology fundamentals
- Aerobic vs resistance training benefits
- WHO physical activity guidelines
- Sedentary behavior reduction strategies
- Designing personalized fitness plans
- **Case Study:** Hypertension reduction through structured 12-week aerobic exercise program.

Module 4: Stress, Mental Health & Emotional Wellness

- Stress physiology and cortisol regulation
- Mindfulness and meditation techniques
- Cognitive behavioral strategies
- Burnout prevention frameworks
- Workplace mental health interventions
- **Case Study:** Corporate employees reducing anxiety through mindfulness-based stress reduction (MBSR) program.

Module 5: Obesity & Metabolic Health Management

- Energy balance and metabolism
- Obesity classification and risk profiling
- Hormonal regulation of weight
- Lifestyle interventions for weight loss
- Bariatric prevention strategies
- **Case Study:** Community weight loss program reducing BMI in obese adults over 6 months.

Module 6: Cardiovascular Disease Prevention

- Hypertension and cholesterol management
- Atherosclerosis risk reduction
- Dietary fats and heart health
- Smoking cessation strategies
- Early screening and monitoring tools
- **Case Study:** Community-based heart health screening reducing undiagnosed hypertension rates.

Module 7: Digital Health & Wearable Technology

- Role of health apps and trackers
- Remote patient monitoring systems
- AI in lifestyle disease prediction
- Telehealth and virtual coaching
- Data-driven health interventions
- **Case Study:** Wearable device usage improving physical activity compliance in diabetic patients.

Module 8: Community Health Promotion & Behavior Change

- Health communication strategies
- Social determinants of health
- Community mobilization techniques
- Policy-driven prevention programs
- Sustainability in health interventions
- **Case Study:** Rural health campaign reducing obesity rates through school-based nutrition education.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com