

Rosie's Learning Journey



Who are you and where are you from?

Rosie Brierley,
Sales Policy Specialist
Customer & Commercial Risk
Broad Gate

Which course have you just completed?

[Level 2 Certificate in Improving Personal Exercise, Nutrition and Health](#)
(The Skills Network)

Why did I decide to do the course?

Exercise and keeping fit has always been an interest of mine, and suddenly faced with gyms closing, and the reality of home workouts into my inbox popped the Aegis Monthly Course Newsletter.

I decided to have a look and see what courses were available, and saw this one. I really thought this would give me something to focus on during the weekends during lockdown. I looked at the information about the course and thought this is definitely something I'm interested in learning more about, in particular the connection between nutrition and keeping fit and healthy.

What have you learned?

Well, a tremendous amount really. 😊 Everything from what goes on within the body during exercise, to what foods help and hinder exercise, to planning exercise regimes and the nutrition needed to support the exercise plans.

As it turns out, my idea of a good gym session was to make sure I had broken into a sweat - whereas actually, there are many more exercises that are so good for the body, both in terms of building muscle strength and managing weight losses and gains.

I was also really pleased to learn that rest is as important as exercise for the body - that means my 8 hours a night is doing me some good!

How will your learnings help you in your role?

I specifically wanted to choose a course that wasn't linked to work directly. This was something for me, to learn more about a particular interest of mine. However, we all know that keeping fit and active supports keeping our minds healthy. Being healthy, both physically and mentally can promote productivity and effectiveness in activities at work.

How did you organise your learning alongside your other commitments?

This was a challenge - the course was demanding with set deadlines for the assessments to be completed by. The final task of following your own exercise and nutrition plan took some time to prep and then discipline to follow. It's all about priorities, preparing and being aware of what's coming up in the social calendar - not as much in the last 6 months as normal!.

Overall, a very rewarding course, and definitely one that I would recommend if you have an interest in Improving Personal Exercise, Health and Nutrition.