

**HEALTH AND WELLNESS FOR LIFE (HEALTH ON
DEMAND)**

Miles P. Warehime

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Prescribe management concepts to health and wellness-related programs. Develop knowledge and skills to assist individuals with health and fitness throughout the lifespan.

Butwhoexactlyshouldweturnto,andwhocanwetrust?Real time personalised nutritional advise is being enabled through advanced predictive analytics, affordable diagnostics kits and a rapid uptake of wearable technology and IoT across the region.