

### Step three – Educational activity

During the course you will need to design an educational activity (e.g. leaflet, handout, newsletter, webpage, PowerPoint presentation). The educational activity should be designed so it could be used in the consultation with your client and adapted for use with future clients.

The educational activity must include the following:

- Exercise guidance to include the current evidence-based exercise frequency, intensity, time and type (FITT) guidelines.
- Nutrition guidance to include information from one or more of the following:
  - National food guides.
  - Professional dietetic bodies.
  - Independent scientific bodies.

The educational activity must include appropriate references for all of your sources of information.

Ensure the educational activity is presented in a professional manner and is free from errors, e.g. spelling, punctuation and grammar.

You must include a copy of your educational activity within your portfolio.