

Maintaining a healthy heart needs a **good diet** and **regular exercise**.



Have a look at these websites to find out more about working in sports science or personal training.



The British Association of Sport and Exercise Sciences

Dietetics and **nutrition** can be studied at university.



Employment options vary from self-employed through to professional sports teams, national sporting government bodies as well as the NHS and local authorities and food product development.



Heart related diseases cause a quarter of all deaths in the UK each year. Perhaps your talents lie in **cardiology**, **cardiothoracic surgery** or **cardiovascular disease research** to prevent or cure heart diseases.

Use these websites to find out more about getting into these professions.



We celebrate **Valentines Day** on **14th February**. Valentines day has been celebrated in England since 18th century when cards, flowers and confectionery were given as an expression of love. February's Careers Insight looks at careers related to the **heart** and **romance**.



Want to follow in Shakespeare's footsteps and bring romance to the stage? There is no guarantee you will write the next **Romeo and Juliet**, but you can but try, perhaps by studying creative writing at university.

The theatre needs a variety of skills and talents so why not check out these website for more information about working in theatre.



Prefer to express your love in music? then why not learn to **write your first song** with a MOOC on Futurelearn.



With about a quarter of a million marriages taking place each year in the UK, the **wedding industry** is big business, worth billions of pound in annual trade.

Registrars are employed by local authorities to officiate at non-religious weddings.



Or perhaps you enjoy organising events, **wedding planners** work independently and for larger wedding venues. You can study event management or hospitality at university, but experience is key.



Or perhaps couture is your thing, get into **wedding dress design** by studying fashion at university.

Karen Wray
wray-k@beaconsfieldhigh.bucks.sch.uk