

2025

WINTER Wellness Results

52 %

Said their mental health or mood improved



52 % Said they felt less stressed



84 Participants logged over 2,500 entries



92 %

of survey respondents reported they met the recommended 150 minutes of weekly physical activity during the WINTER Wellness program



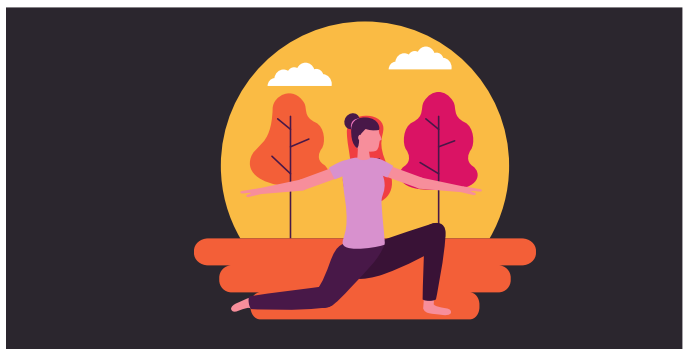
Over 90,000 minutes of physical activity was completed during the program!



32 % reported sitting less than usual

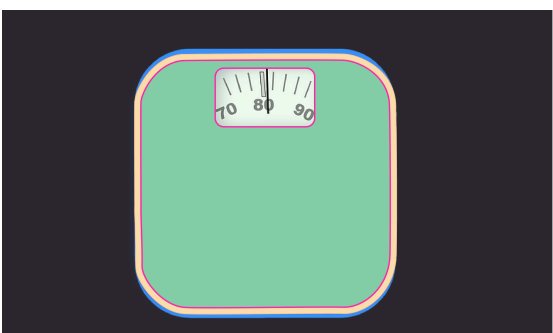
74 %

of survey respondents reported they were more active during WINTER Wellnees than before the program



28 %

lost weight or maintained current weight



28%

had increased social connections to others in the community



Quotes from participants!

"The program motivated me to be more conscious of getting exercise on a regular schedule"

"WINTER Wellness made me feel accountable and more motivated to exercise"