

2026 WInTer Wellness Results

Our participants reported.....

88%

completed at least 150 minutes a week of physical activity

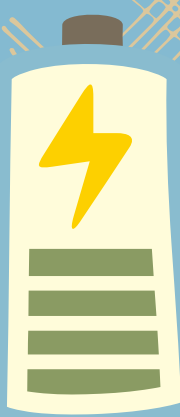


60%

experienced improved mental health or mood

58 %

have increased stamina for everyday tasks and activities



53%

have lost weight or maintained current weight



38 %

are sitting less than usual



33 %

are feeling less stressed



OVER 85,000 MINUTES

of activity were logged

For those who responded that during the program they completed at least **150 minutes** of physical activity a week, **54%** reported that was more minutes than prior to WInTer Wellness