

# WINTER Wellness

1

106

TOTAL  
PARTICIPANTS



57 %

FELT LESS  
STRESSED

2



89 %

OF PARTICIPANTS WERE  
MORE MOTIVATED TO BE  
PHYSICALLY ACTIVE

32%

REPORTED LOSING  
WEIGHT OR MAINTAINING  
WEIGHT

3

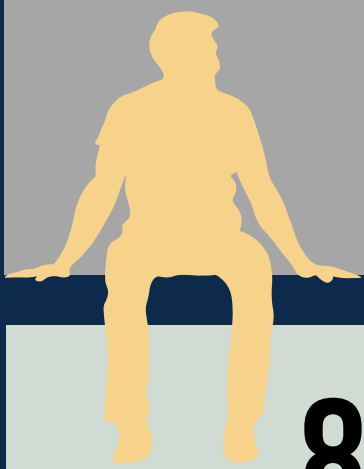
4



43 %

REPORTED  
SITTING LESS

5



82%

REPORTED COMPLETING  
AT LEAST 150 MINUTES OF  
MODERATE ACTIVITY  
EACH WEEK



6

68 %

IMPROVED  
MENTAL HEALTH

7



A PROGRAM OF MSU EXTENSION - SANDERS COUNTY

[montana.edu/extension/sanders/health-and-wellness/](https://montana.edu/extension/sanders/health-and-wellness/)

Reference: WINTER Wellness data for January 2 - March 28, 2024