HEALTHY MINDS

YOUR JOURNEY WITH US

Week 0 — Initial Consultation

Week 1 — Activity begins with our support, and you begin to explore what you enjoy

Week 2 — Just a quick chat

Week 3 — Support and routine begins to improve your mood and help adjust to our facilities

Week 4 — First signs of decreased stress levels have been recorded and participants tend to feel more comfortable on the programme here

Week 5

Week 6 — Reported enjoyment levels of the programme and physical activity have had a significant increase

Week 7

Week 8 — 82% of users report that they believe they are achieving their physical activity goals by this point

Week 9

Week 10 — 100% of users report their barriers to physical activity being reduced by this point

Week 11 — Dealing with academic pressure has improved greatly by this point, with many reporting improved academic performance

Week 12 — 100% of participants have recorded improved wellbeing and discussed reaching specific goals by the end of their journey