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
Support and routine begins to improve your mood and help adjust to our facilities.

Week 3
First signs of decreased stress levels have been recorded and participants tend to feel more comfortable on the programme.

Week 4
Reported enjoyment levels of the programme and physical activity have had a significant increase.

Week 5

Week 6

Week 7
82% of users report that they believe they are achieving their physical activity goals by this point.

Week 8
100% of users report their barriers to physical activity being reduced by this point.

Week 9
Dealing with academic pressure has improved greatly by this point, with many reporting improved academic performance.

Week 10

Week 11
100% of participants have recorded improved wellbeing and discussed reaching specific goals by the end of their journey.

University of Bristol Sport, Exercise and Health - February 2023