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

Week 5: 82% of users report that they believe they are achieving their physical activity goals by this point

Week 7: Dealing with academic pressure has improved greatly by this point, with many reporting improved academic performance

Week 9: Support and routine begins to improve your mood and help adjust to our facilities

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

Week 12: Reported enjoyment levels of the programme and physical activity have had a significant increase

Week 2: Just a quick chat

Week 4: 100% of users report their barriers to physical activity being reduced by this point

Week 6: Week 8

Week 8: Week 10

Week 10: Week 12