

Sanders County

WINTER WELLNESS

January 3, 2023 - March 31, 2023

1

68 TOTAL PARTICIPANTS



36 % Felt less stressed

2

3

96 % OF PARTICIPANTS WERE MORE MOTIVATED TO BE PHYSICALLY ACTIVE



57% Reported sitting less

4

5

75% Improved Mental Health



79% REPORTED COMPLETING AT LEAST 150 MINUTES OF MODERATE ACTIVITY EACH WEEK

6

7

OVER 80,000 minutes of physical activity logged!



A PROGRAM OF MSU EXTENSION - SANDERS COUNTY

montana.edu/extension/sanders/health-and-wellness/

Reference: WINTER Wellness data for January 3, 2023 - March 31, 2023