

UWorkItOut UWin



A PHYSICAL ACTIVITY PROGRAM TO IMPROVE UNIVERSITY STUDENTS' MENTAL HEALTH



PROGRAM DESCRIPTION

UWorkItOut UWin is a 6-week physical activity (PA) program at the University of Windsor, to improve students' mental health.

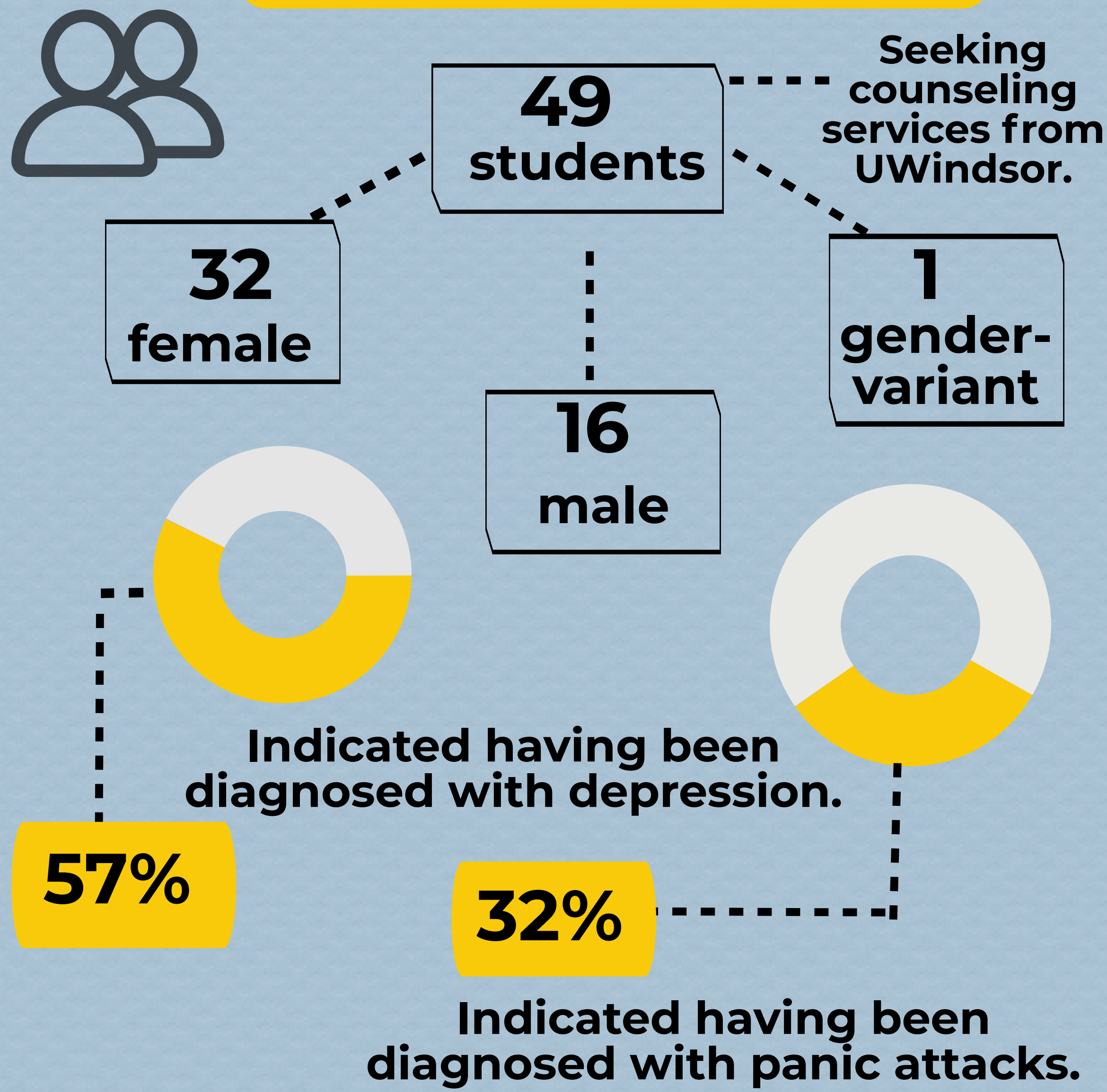
During the program, participants complete:

One-on-one personal training sessions twice per week.

Individual PA counseling sessions once per week.

We have employed 21 UWindsor student trainers!

PARTICIPANT INFORMATION

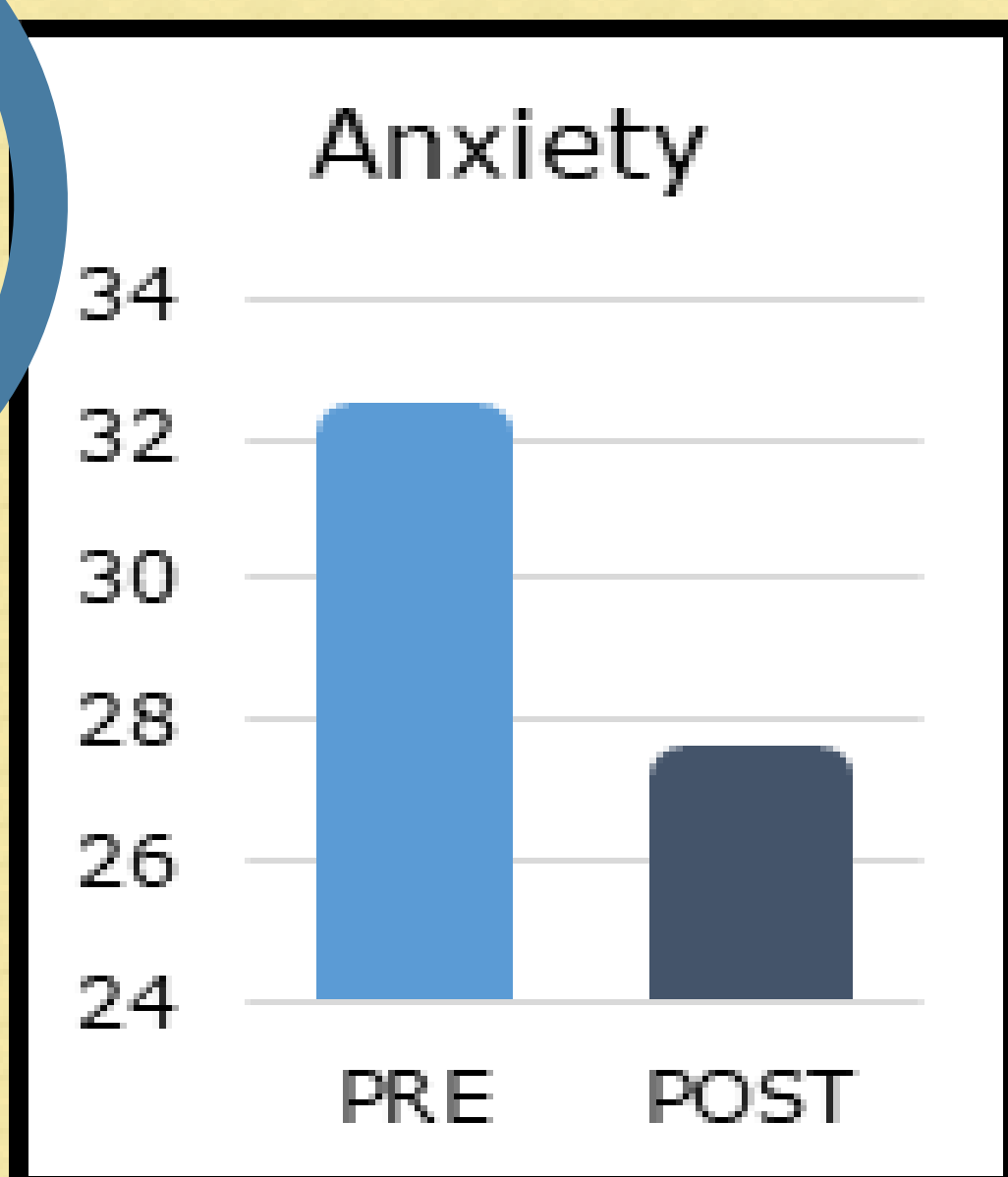


PROGRAM IMPACT

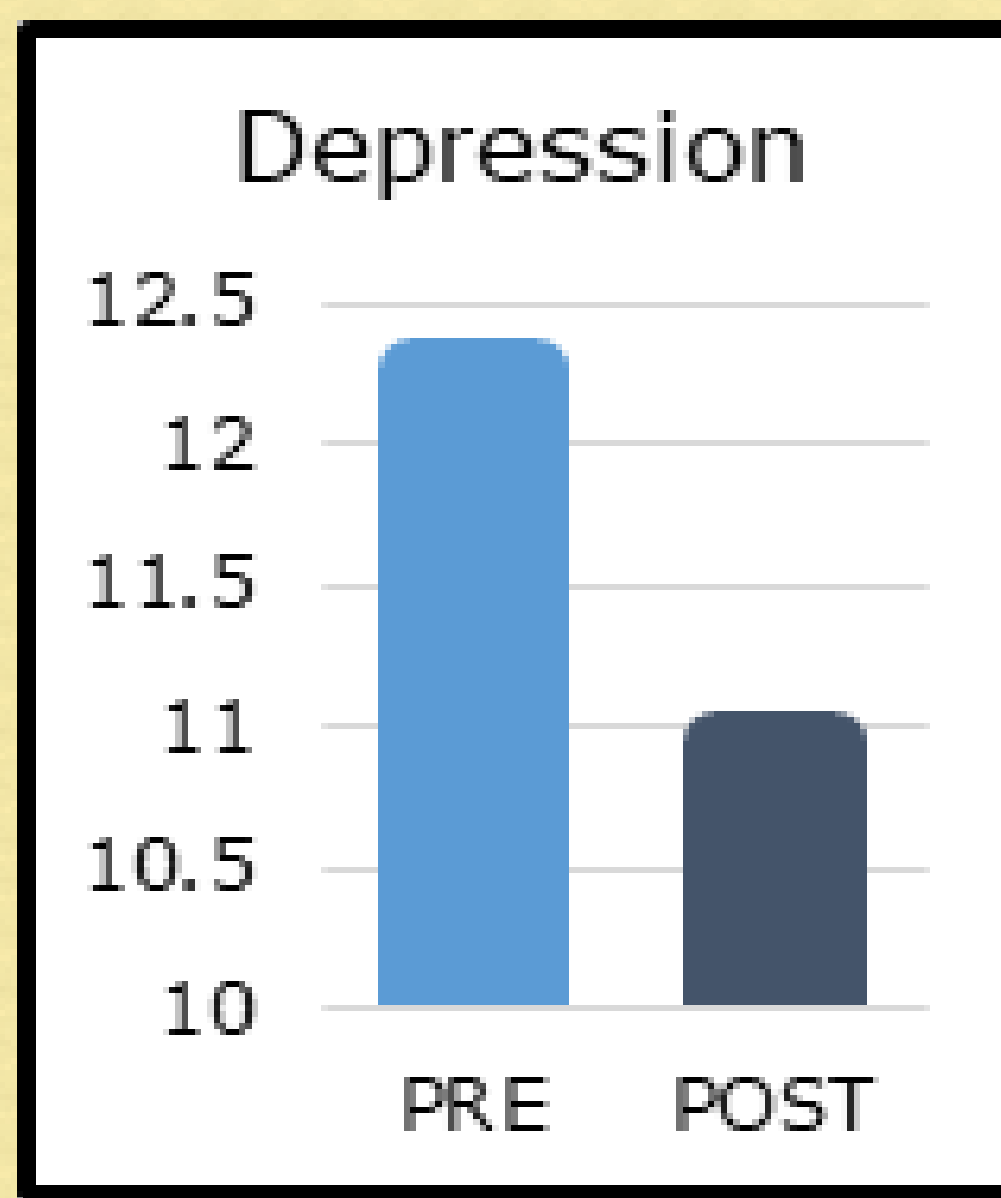
The following graphs display changes in mental distress and well-being from pre-to post program participation.

MENTAL DISTRESS

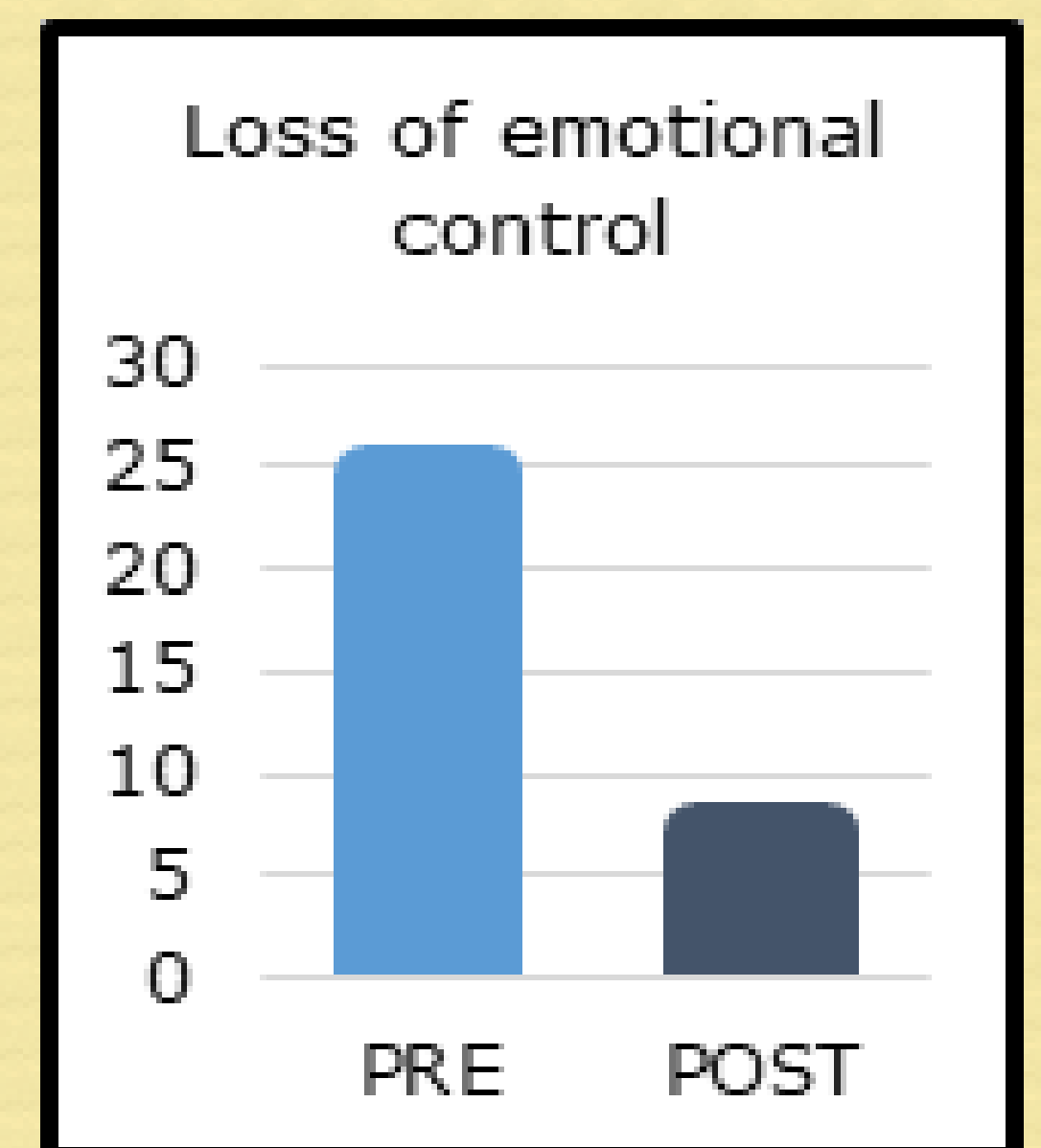
* higher scores represent higher mental distress.



↓ Anxiety



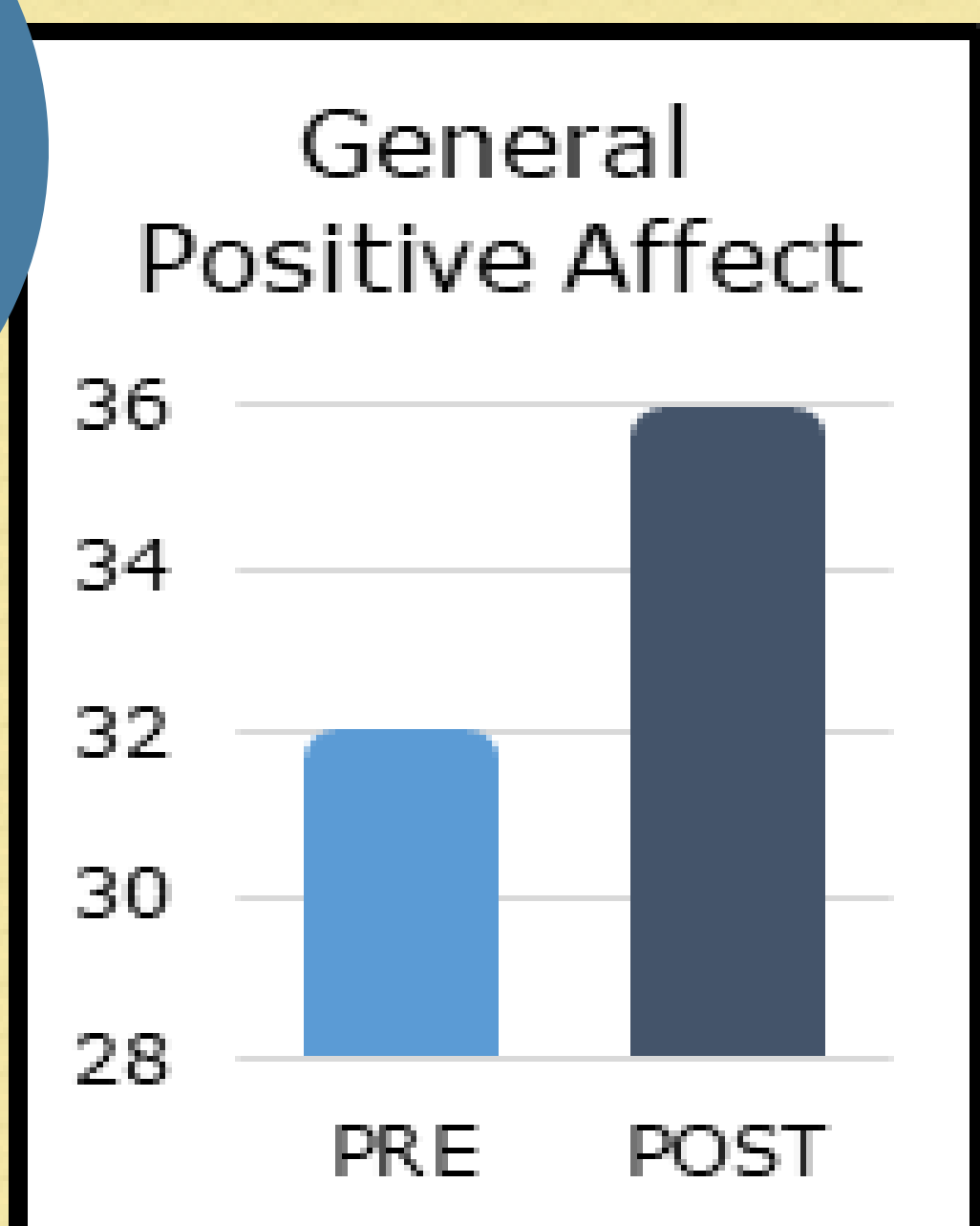
↓ Depression



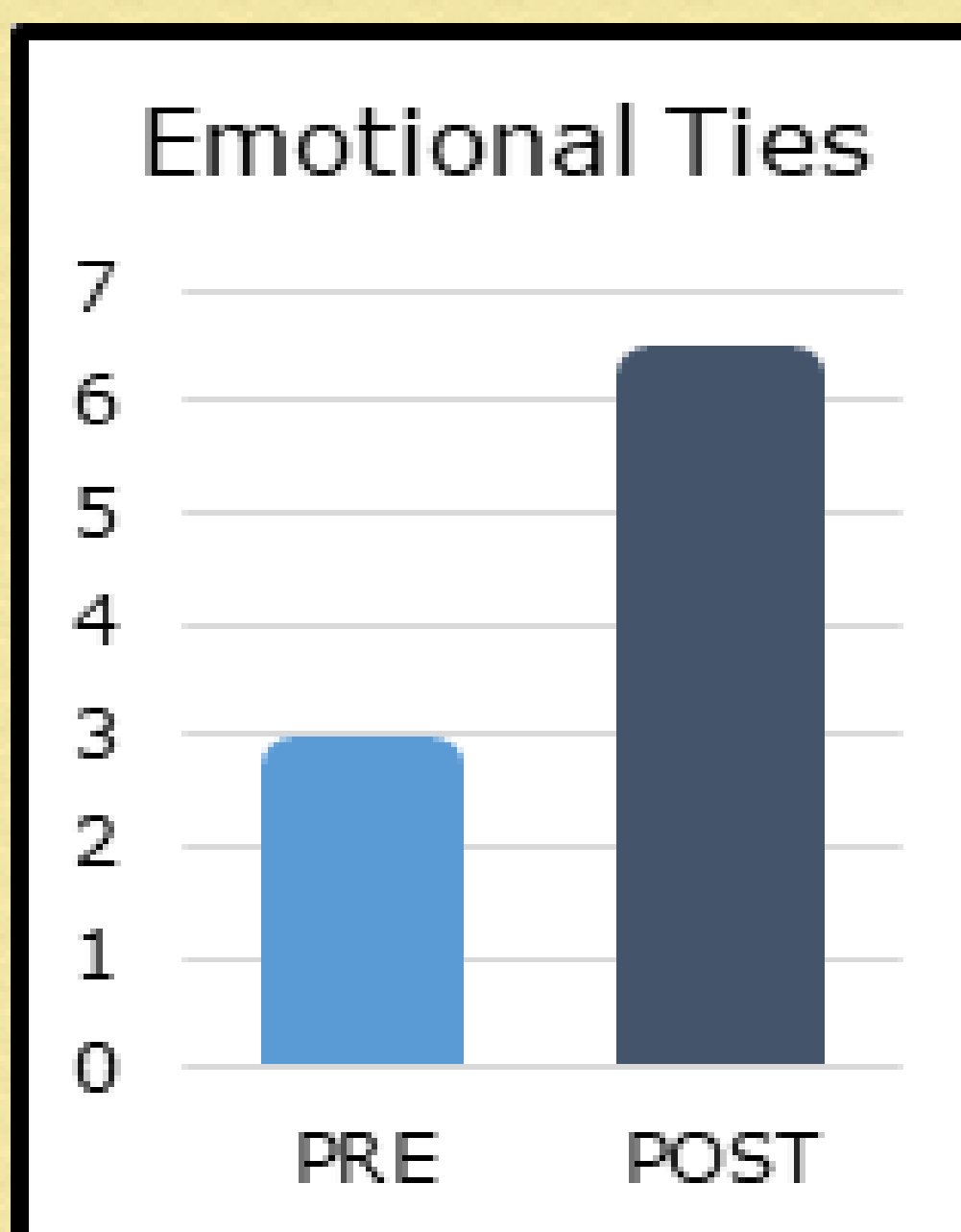
↓ Loss of emotional control

MENTAL WELL-BEING

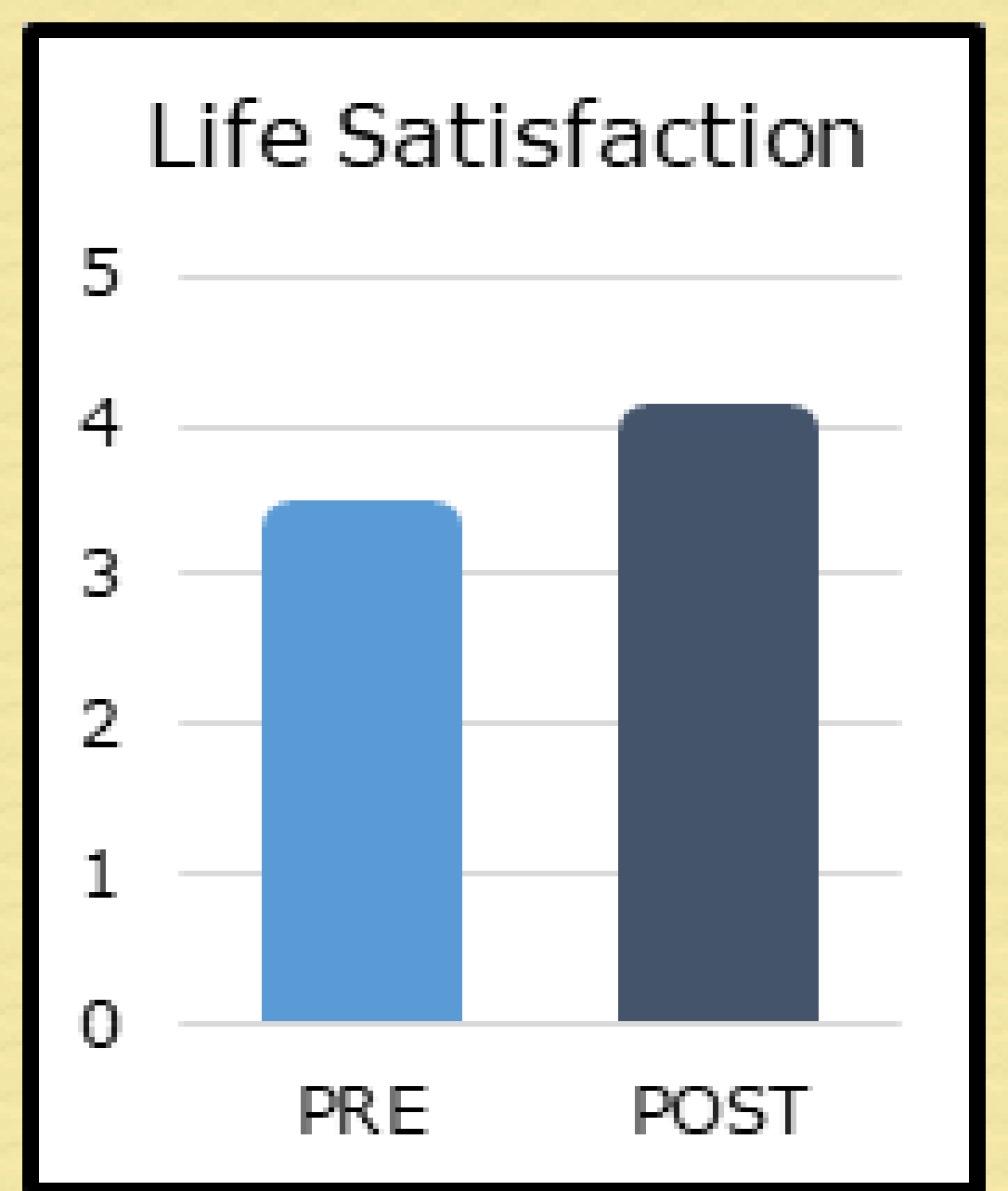
* higher scores represent higher mental well-being.



↑ General positive affect



↑ Emotional ties



↑ Life satisfaction



The program was successful in reducing students' mental distress and improving their mental well-being! The UWorkItOut UWin program appears to serve as a coping mechanism to decrease symptoms of mental illness and enhance mental health.

PARTICIPANT FEEDBACK

Students participated in an exit interview to share their experiences. The results post program are highlighted below.

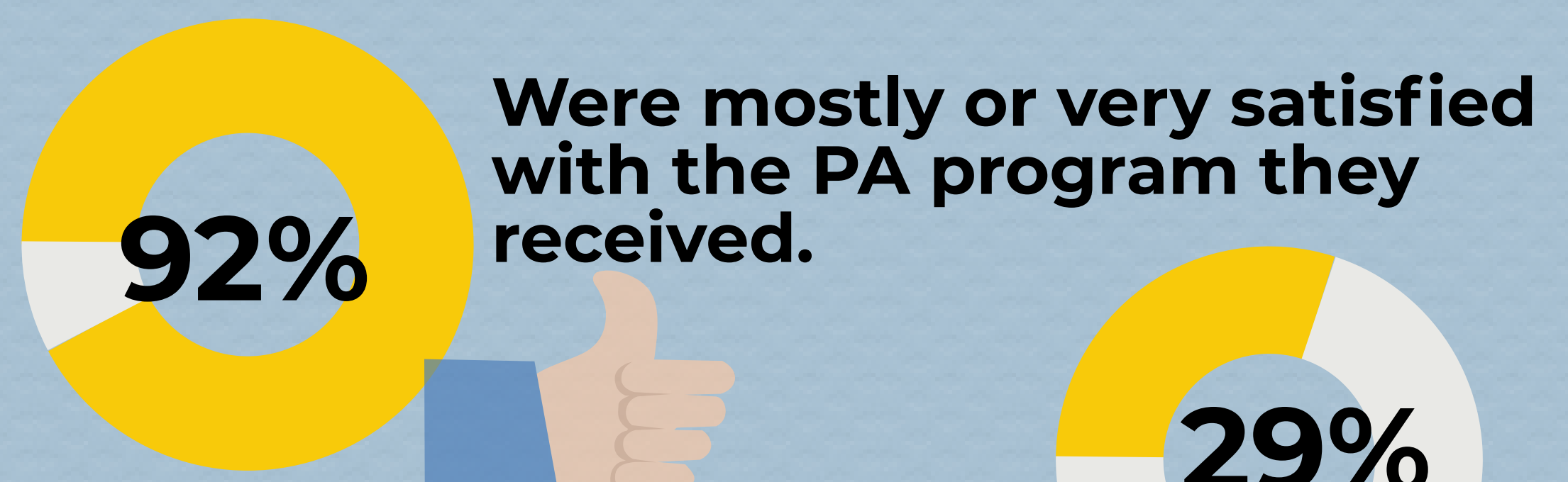
BENEFITS

- ✓ Accountability
- ✓ Mentorship
- ✓ Free of charge

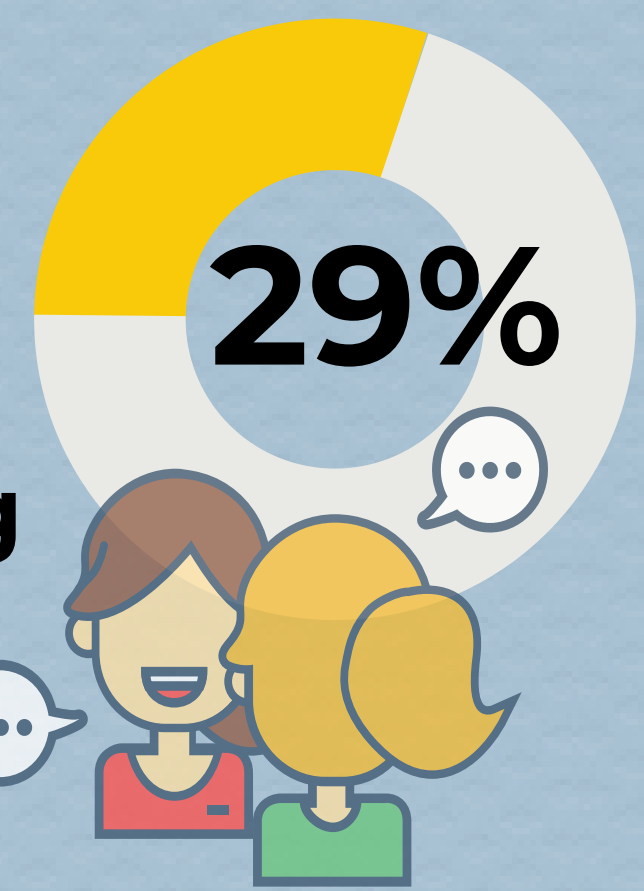
OUTCOMES

- ✓ Greater exercise knowledge
- ✓ Increased confidence
- ✓ Enhanced coping strategies

PARTICIPANT SATISFACTION



No longer required counseling services after program completion.



84% Felt that the PA program met most or all of their needs.