



Canadian Mental Health Association Ontario



Mood Walks™ is a province-wide initiative that promotes physical activity in nature.

The pilot program engaged youth ages 12-19 years old and groups completed one weekly walk, over eight weeks.



PILOT FINDINGS

Mood Walks works for everyone.



PROGRAM SATISFACTION

95% of youth would recommend the program

90% of youth were satisfied

SKILLS & KNOWLEDGE

72% acquired new skills to care for themselves

49% learned ways to engage in physical activities



MOOD IMPROVEMENTS AFTER EACH WALK

Feeling free from stress increased by **64%**

Feeling refreshed increased by **51%**

Feeling energetic increased by **48%**

Feeling pleasant improved by **84%**

Feeling happier increased by **77%**

FOR FURTHER INFORMATION

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