

PRESENTATION ON DATA ANALYSIS

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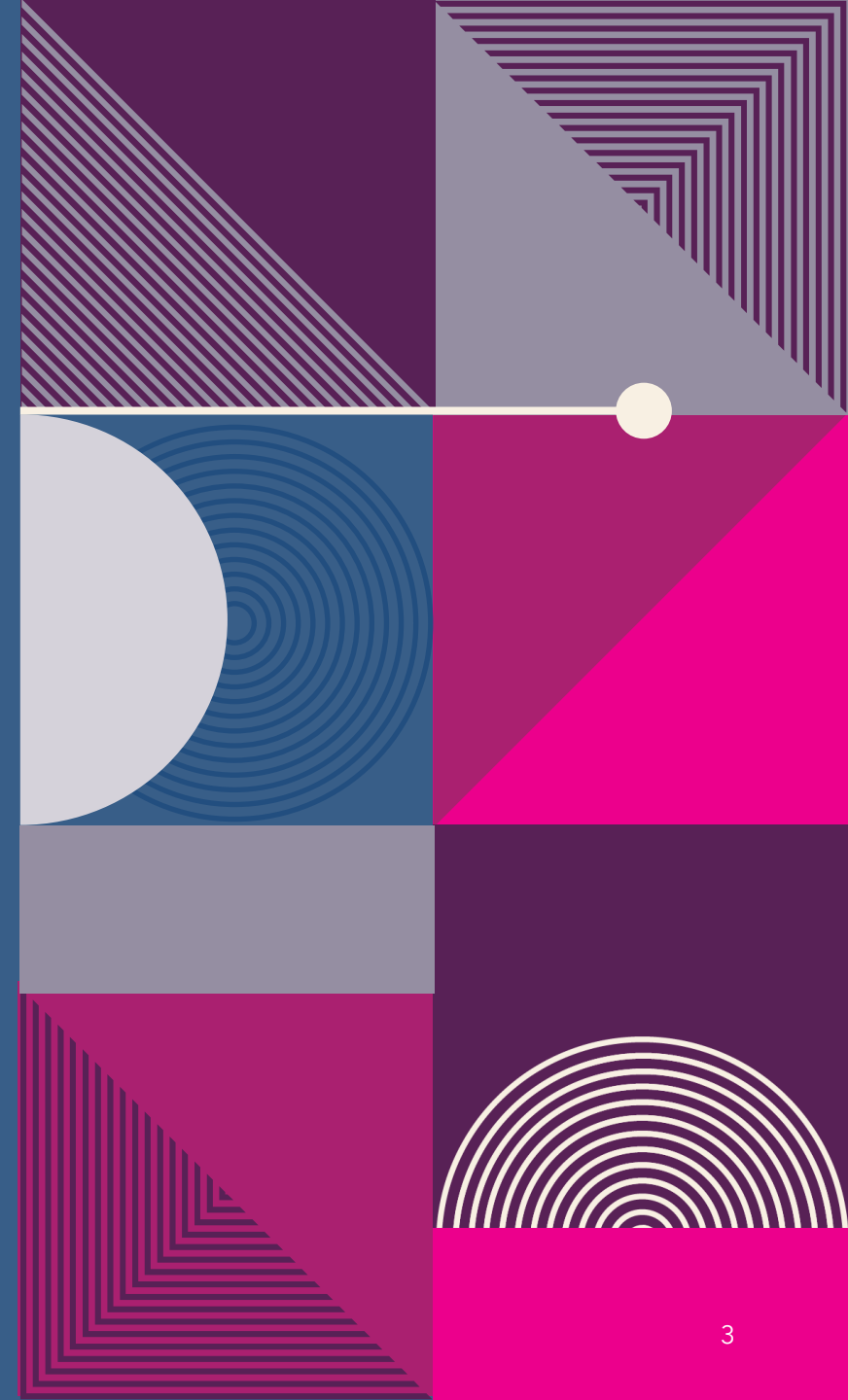


PURPOSE

- I was interested in learning how exercise and dieting can impact mood and well being.
- Interested in learning about everyone's lifestyles outside of CWP and seeing how we can improve physical and mental performance

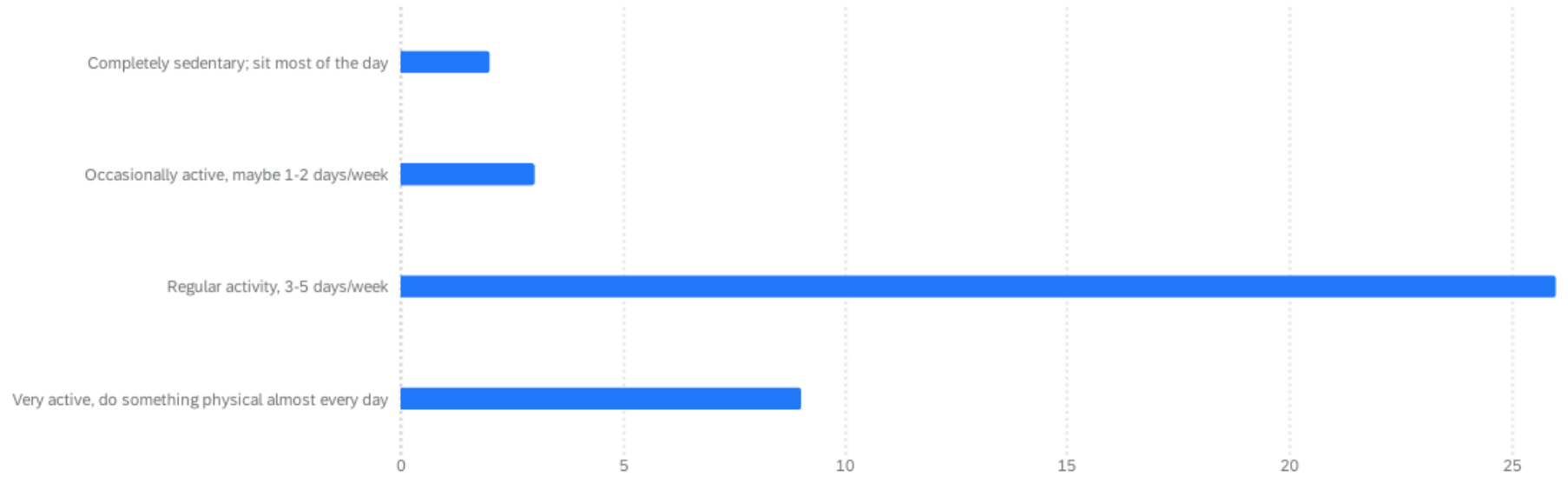
WHY IS IT IMPORTANT?

- Exercise maintains physical fitness and overall health
- Healthy eating habits such as fruit, vegetables, etc. can reduce the risk of chronic disease and of anxiety and depression
- Exercise releases mood boosting endorphins such as dopamine and serotonin
- Exercises and healthy diet helps you fall asleep faster and sleep more soundly



PHYSICAL ACTIVITY

How would you describe yourself pertaining to physical activity? 40 ⓘ



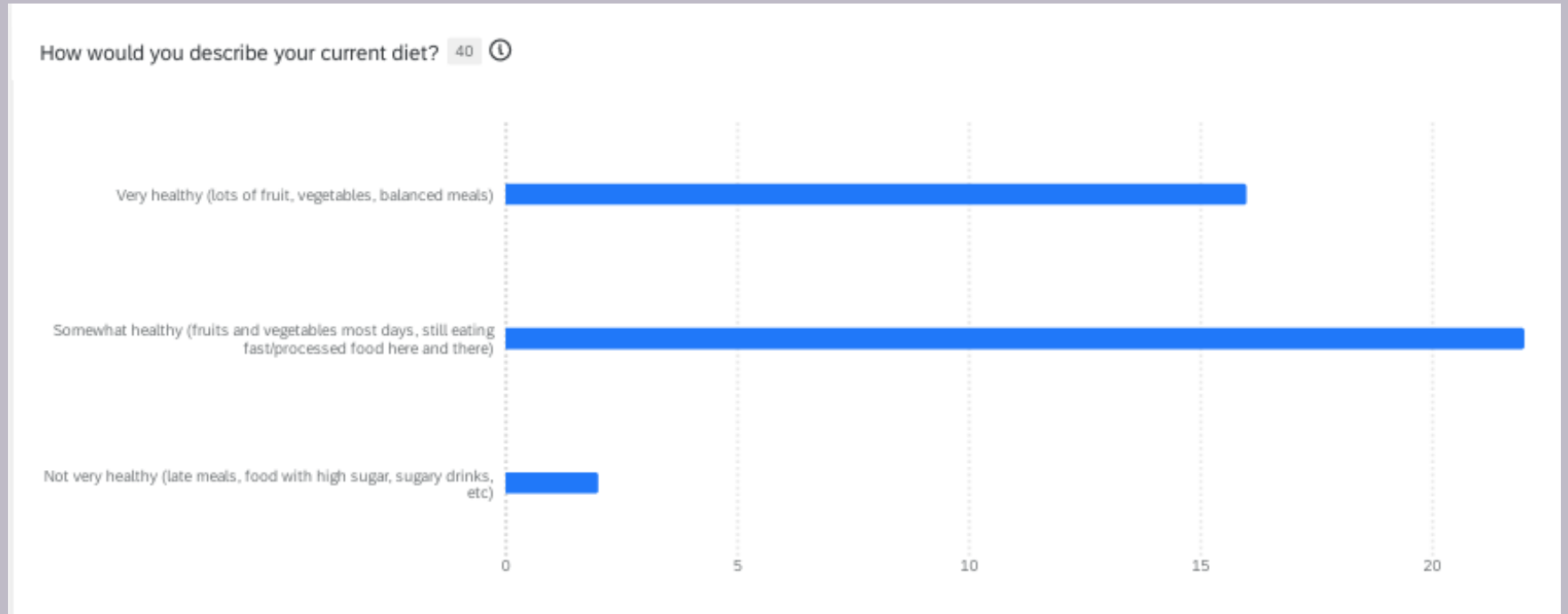
67% exercise 3-5 times a day/week

27% very active

- 38% Enjoy walking
- 30% Enjoy group exercise
- 33% Enjoy outside activity

Such as working in garden, swimming, climbing stairs, bicycling, grocery shopping, etc.

DIET/EATING HABITS



55% answered to a somewhat healthy diet

53% answered to eating three meals a day

- Many said they snack in-between meals



MOOD

- 60% felt mostly good over the past week
- 18% felt somewhat down/low over the past week

High score of 78% said they feel calm and relaxed
High score of 53% said they experience feeling anxious or tense

- High scores of exercise/movement, spending time with family and friends, and having quiet time help improve mood
- Hobbies such as meditating, spending time with pets, reading, etc. help with mood

OVERALL FINDINGS

- Noticed people feeling positively about themselves after exercising or engaging in physical activity of any kind
 - 63% felt happier or more energetic
 - 25% neutral or no change in mood
 - 13% more tired or sore
- High score of 93% said they felt satisfied or noticed no change in mood after eating a healthy balanced meal
- We see that even if diet did not affect mood, exercise did, and we can apply this for individuals who are feeling anxious, low/sad, or have difficulty concentrating to boost mood levels.