



INSTITUTE FOR GREEN EXERCISE RESEARCH

2025 FOUNDATIONAL REPORT

The Institute for Green Exercise Research (IGER) is a Canadian Non-Profit dedicated to generating evidence demonstrating the mental health benefits of green exercise for everyone.

EXECUTIVE SUMMARY

The final quarter of 2025 marked the formal transition of the Institute for Green Exercise Research (IGER) from a strategic concept into a legally incorporated and governed entity. Despite being operational for only three months, IGER has successfully established a "Governance-First" foundation, securing the legal, financial, and digital infrastructure required to launch its primary research mission in 2026.

This report serves as the official record of IGER's establishment and its commitment to transparency, accountability, academic integrity, and public health advocacy.

1. ABOUT THE INSTITUTE FOR GREEN EXERCISE RESEARCH

IGER is a Canadian non-profit organisation dedicated to advancing scientific understanding of how physical activity in natural environments “green exercise”, supports mental health and wellbeing. Founded in 2025 and formally incorporated in Ontario, IGER was established to address a critical gap in Canada’s public health landscape: the need for robust, accessible, and policy-relevant evidence on the benefits of green exercise.

Built on a strong governance foundation, IGER prioritises transparency, accountability, and community impact. As the organisation enters its first full year of operation, it is focused on establishing foundational research outputs, engaging health professionals in the National Capital Region, and strengthening its governance and partnerships to support long-term growth.

2. MISSION STATEMENT

IGER’s mission is to generate, synthesise, and translate high-quality research that helps individuals, communities, and health systems harness the mental health benefits of green exercise. Through interdisciplinary collaboration, rigorous methodology, and a commitment to open and responsible science, IGER works to support healthcare providers, policymakers, and community organisations seeking to integrate nature-based approaches into preventive health and mental health care.

2. STATUTORY & LEGAL MILESTONES

2.1 Incorporation & Compliance

- Provincial Incorporation in Ontario, Canada as a Non-Profit Organization (NPO) on September 30, 2025.
- Submission of all initial compulsory statutory filings to maintain compliant status and good standing.

2.2 Board of Directors & Governance

- IGER's Board of Directors was established to provide diverse institutional oversight, bringing together specialized expertise in interdisciplinary research methodologies, kinesiology, business administration, and communications.
- The Board ratified comprehensive corporate Bylaws and internal policies, establishing clear roles and responsibilities.

2.3 Corporate Infrastructure

- Acquired the "iger.ca" domain to establish our institutional identity.
- Activated an institutional Google Workspace to securely store IGER's documentation and ensure transparency through shared access with IGER's Directors and Officers.
- Opened the IGER corporate bank account and established financial tracking procedures and processes.
- Leveraged free non-profit accounts to maximise operational efficiency without accumulating financial liability.

3. RESEARCH COLLABORATION

3.1 International Research Collaboration: University of Essex

IGER is currently collaborating with researchers at the University of Essex (UK) - the world's leading institution for Green Exercise - on a comprehensive review of the evidence linking green exercise to psychological, physiological and sociological outcomes.

This partnership ensures that IGER's Ottawa-based initiatives are grounded in global best practices and the latest international scientific consensus. It will help position IGER as a key Canadian node in a global network of Green Exercise experts.

4. COMMITMENT OF TIME AND EFFORT

While IGER enters 2026 with a lean budget, the founding stage of IGER has been supported through volunteer hours and the expertise of its founding team. By absorbing much of the initial start-up work, this commitment of time has reduced administrative start-up costs and established IGER's core infrastructure.

- **Volunteer Hours Contributed (Q4 2025):** An initial contribution of 150 volunteer hours were estimated through a review of calendar records, project documentation and correspondence from the founding period. Given the nature of voluntary work, this figure should be understood as indicative rather than exact.

5. FINANCIAL SUMMARY

Total Revenue: \$0.00

Operating Expenses: \$267.86 (Fully funded by Founder-contributed seed capital).

Fiduciary Note: These initial costs are documented as a liability of the corporation. IGER enters 2026 with zero debt to external creditors.

6. 2026 STRATEGIC PRIORITIES

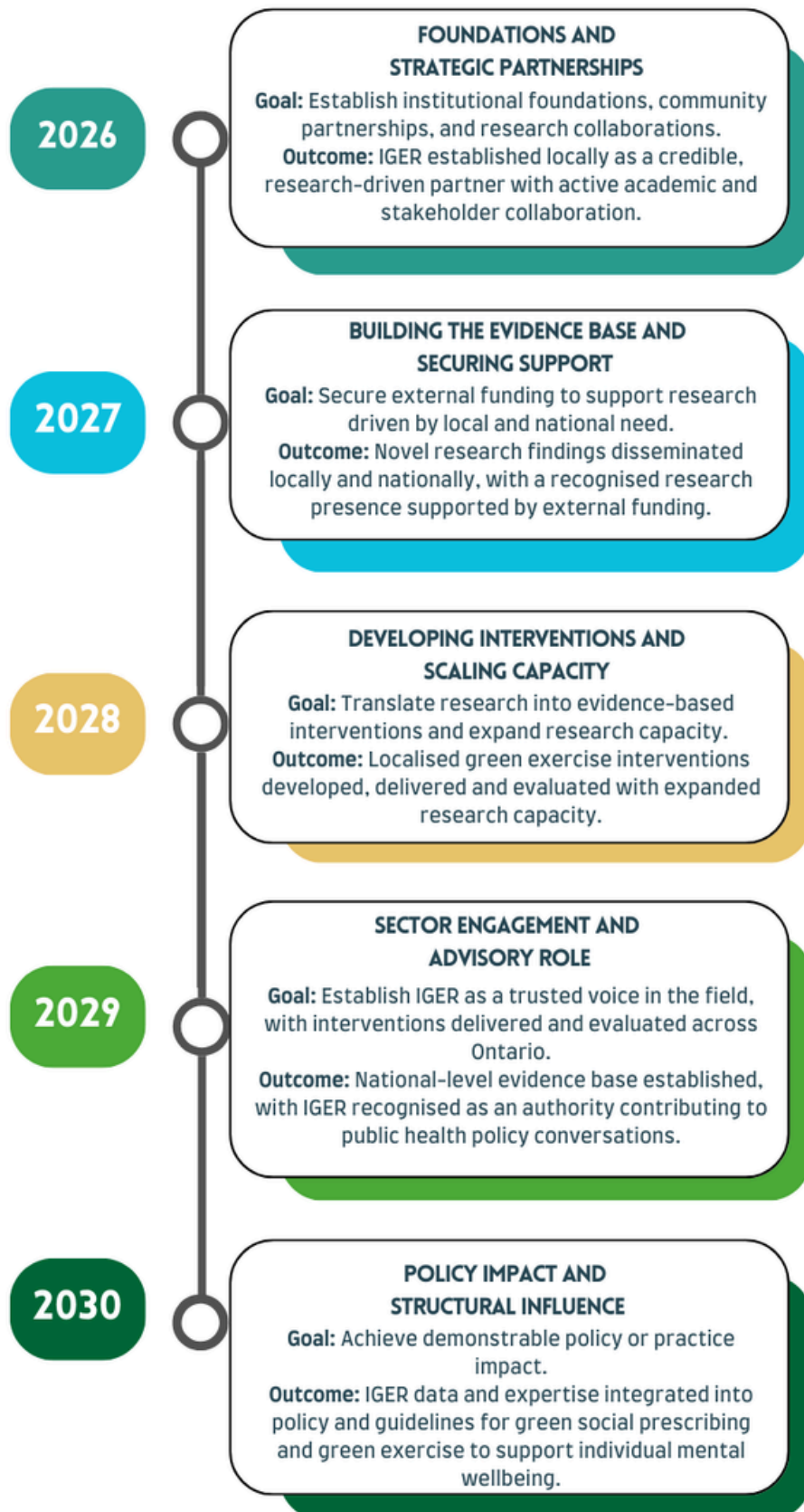
As we take IGER into its first full year, we have identified three key priorities to establish IGER's institutional foundations and position in the community as a valued research partner. These priorities align with IGER's five-year strategic plan (see Figure 1).

1. Publication of Green Exercise Review: A high impact publication co-authored with the University of Essex will be pivotal, demonstrating IGER's position as a reputable and effective research institute.

2. Surveying the attitudes of Ottawa's health professionals: Essential groundwork to identify systemic barriers to nature-based prescribing in the National Capital Region and establishing a local context for IGER's research.

3. Recruiting to Board of Directors: Growing IGER's Board of Directors to ensure continuation of our robust governance.

Figure 1: IGER five-year strategic plan: From foundations to policy impact.





IGER Board of Directors

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