

## Prioritising mental fitness



By Craig Sandilands - Wellness Coach

- Where would you check the status of your mental fitness?
- How could you 'measure' your mental fitness?
- What type of assessment could you use?
- Practical ways to prioritise your mental fitness

Contact us with any questions <a href="mailto:pt@healthoutfit.co.uk">pt@healthoutfit.co.uk</a>