

Changing Mental Health
One Word at a Time...

FITNESS

MENTAL ~~HEALTH~~



Statistics



1 in 5 U.S. adults experience mental illness each year



Only 6.8% of people with a substance use disorder and 10.9% of people with alcohol use disorder receive any treatment



Approximately 60% of adults with a mental illness didn't receive mental health services in the previous year

Why Mental Fitness?

In American society, when we hear the word “fitness,” we tend to think of physical fitness. Many of us count the calories we consume, the steps we take, and the hours we sleep.

Even with all the time, effort, and money we spend on physical fitness, we’re not taught how to develop our Mental Fitness, and as a result, we often fail to reach our goals.

Mental Fitness plays a primary role in everything we do – from mastering our emotions, to building relationships, to achieving our life’s purpose.

Why Invest?

- ✔ Mental health issues can significantly impact academic performance and retention rates.
- ✔ Untreated mental health conditions may lead to increased substance abuse and other risky behaviors.
- ✔ Early intervention and support can prevent long-term mental health challenges and improve overall well-being.



Benefits of Investing in Mental Health



Proactive vs. Reactive Approach



Just as we exercise to prevent physical health issues, we work on our mental fitness to avoid distress & dysfunction.



Our curriculum focuses on building resilience, emotional intelligence, and positive thinking habits.



We equip individuals with practical tools to navigate life's challenges before they become overwhelming.

Our Story

Mental Fitness was born from the realization that while we teach physical education in schools, there's a significant gap in mental health education.

Our mission is to bridge this gap by providing comprehensive mental fitness training to individuals, educational institutions, and treatment centers.

Meet Team Mental Fitness



Steve Wize



President & Founder
LCSW

Steve Wize, president and founder of Mental Fitness, LLC., is a Licensed Clinical Social Worker, Executive Life Coach, and Professional Speaker who specializes in helping companies and individuals reach their full potential.

After graduating with his master's degree from the University of Pittsburgh, Steve went on to become a Licensed Clinical Social Worker and has spent the past seven years working in private practice.

During this time, Steve designed his own unique curriculum in which he has used to create his book, and his business, Mental Fitness, LLC.

Director of Prevention & Recovery

Sam Anthony is a certified Personal Trainer, Life Coach, and Professional Speaker who combines his expertise with fitness & recovery to help people conquer recovery and achieve Mental Fitness. With over a decade of experience in the fitness industry and over 20 years in recovery, Sam offers a unique blend of physical & mental fitness strategies.

Drawing from his personal experiences with addiction, recovery, and mental health challenges, he has developed a compassionate & effective approach to recovery. Through personalized coaching, Sam helps clients identify their passions, eliminate limiting beliefs, and develop practical strategies to master their emotions.

Sam Anthony
Lucania



Erin Cameron

Nutrition Coach &
Certified Life Coach

Erin is a Personal Trainer and Nutrition Coach specializing in body recomposition through customized fitness plans and macro-counting or mindful eating practices. She helps clients who have struggled with weight loss, particularly those caught in the cycle of yo-yo dieting.

Erin's approach to nutrition is all about balance—allowing you to enjoy your favorite foods, even the “junk,” while learning to nourish your body with healthy choices. She empowers clients to understand the composition of foods, enabling them to make informed decisions and plan their meals effectively. As a Certified Life Coach, Erin helps clients develop the knowledge and skills to create sustainable, healthy eating habits that fit into their lifestyles.



Counselor & Life Coach
MS, NCC, PLPC

Jamie Demarco

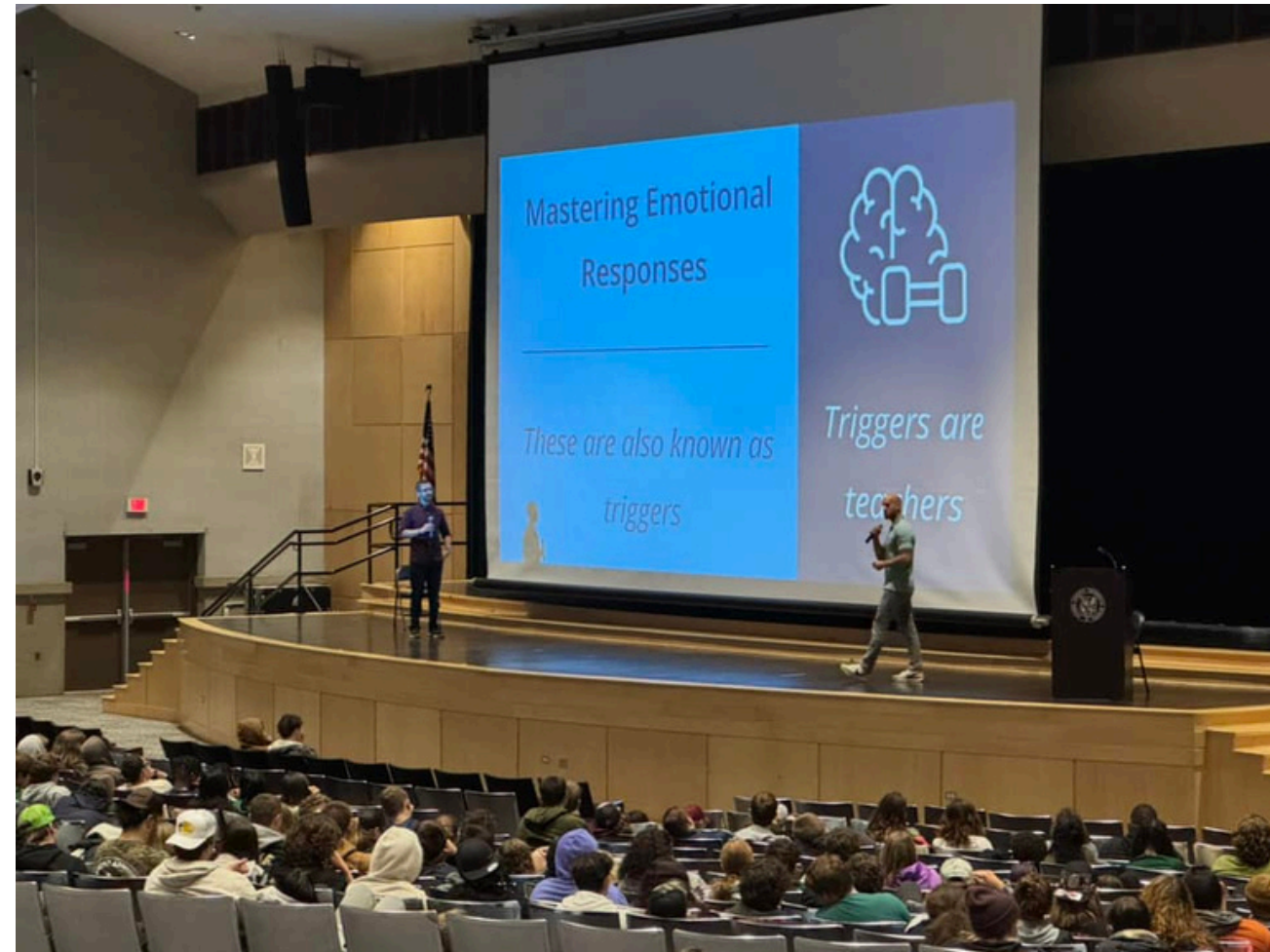
Jamie is not your typical conventional “suit-wearing” therapist. When we are authentic we can become who we are meant to be and when we are comfortable, we can relax to growth and change can happen. Jamie works with mostly adolescents, teens, and emerging adults, but worked with many others in the past as well.

She gets it, life is hard and at times not fun, but she’s here to walk with you through the good, bad, and ugly. Jamie is not only a therapist but a certified life coach as well. She loves taking both practices and mixing them into one so we can be sound in our mind, body, and soul. Jamie likes to look at the “why” behavioral patterns occur and “how” to work towards a goal.



Our Services

Keynote Speeches



Workshops



Our Curriculum

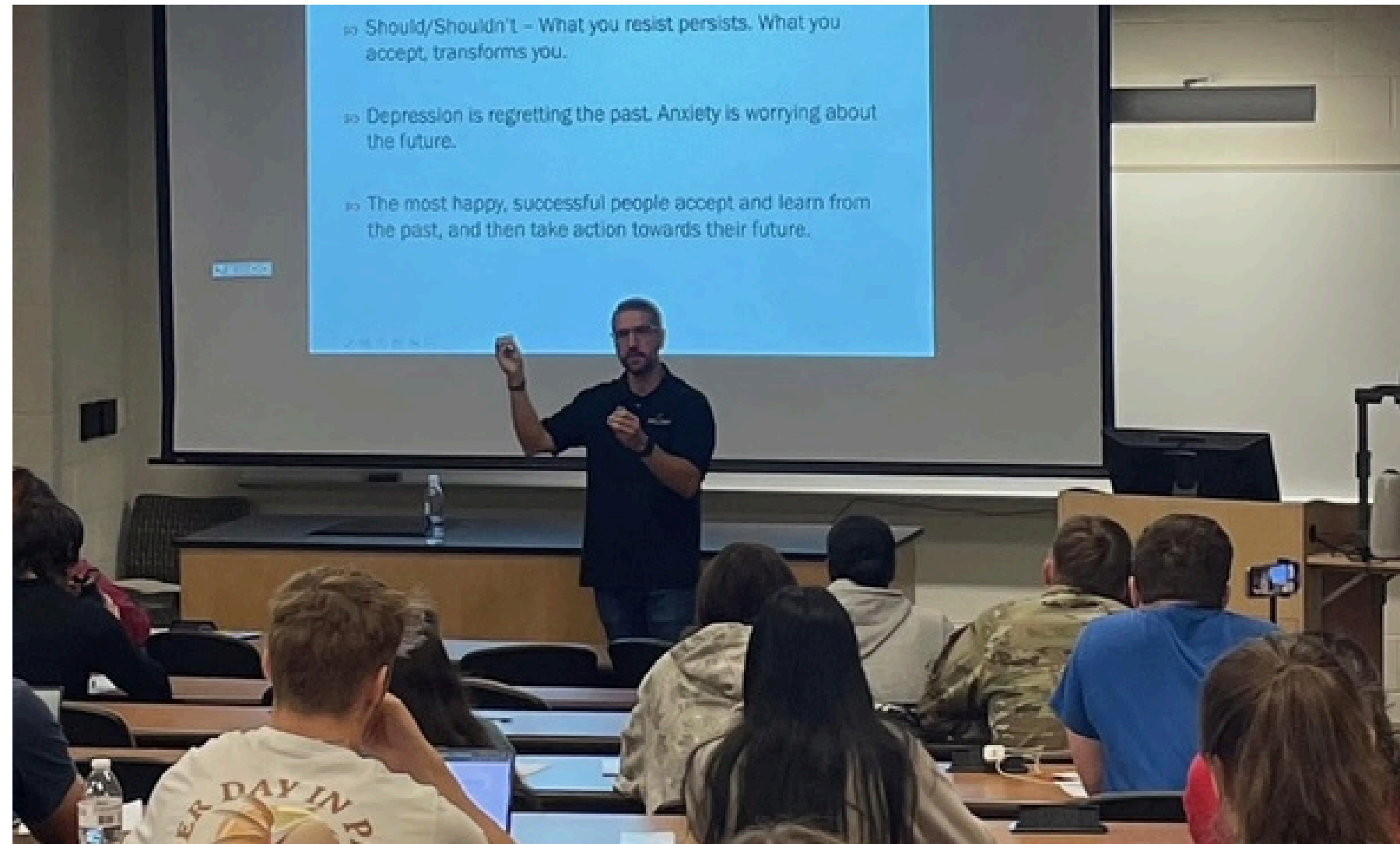


Keynote Speeches



Transformative insights through interactive mock therapy sessions and proven Mental Fitness strategies. Ideal for audiences of any size.

Workshops



Engaging, hands-on sessions designed to enhance Mental Fitness skills. Explore a variety of topics tailored to your needs.

Our Curriculum



Empower your employees, students or clients with our comprehensive Mental Fitness curriculum.

OUR COMPREHENSIVE 12-WEEK CURRICULUM

PART 1: MASTERY OF SELF

THE FUNDAMENTALS OF MENTAL FITNESS

- ✓ **Week 1** - What is Mental Fitness?
- ✓ **Week 2** - The Toxic Deadly Phrases: Detoxifying Your Mind
- ✓ **Week 3** - Mastering Your Emotions: Seven Steps to Master Your Emotions
- ✓ **Week 4** - Stress: Negative Threat or Positive Challenge?

PART 2: RELATIONSHIPS

EMPATHY, COMMUNICATION, AND BUILDING TRUST

- ✓ **Week 5** - Removing Judgment: We're All Human
- ✓ **Week 6** - Effective Communication: Bringing Out the Best in Others
- ✓ **Week 7** - Relationships: It's All About "We"

PART 3: INSPIRING OTHERS
ACHIEVING YOUR DREAMS

- ✓ **Week 8** - Mental Mantras: Slogans to Build Inner Resilience
- ✓ **Week 9** - Finding Inspiration: Defining Your Life's Purpose
- ✓ **Week 10** - Achieving Your Dreams: The Ten Principles of Goal Setting
- ✓ **Week 11** - Healthy Living: Sustaining Peak Performance
- ✓ **Week 12** - The Mindset of Leadership: Be the Change

Thanks To A Few Of Our Previous Partners



Carnegie Mellon University



Bayer



Testimonials

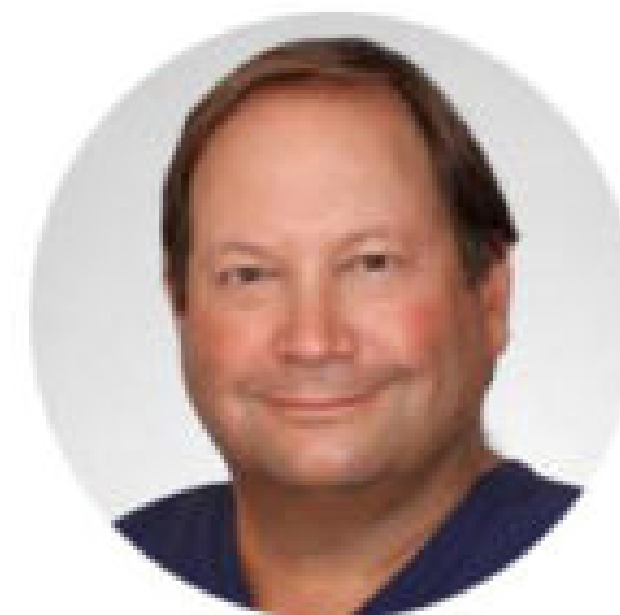
"Steve presented at our recent leadership session of over 200 leaders across our organization. He captured and held the attention of the audience for the 2 hour session and we received only positive feedback. Regardless of the level of experience of the leader, the feedback was consistent that the presentation and information was impactful. We would definitely engage with Steve again."

— Thomas A. Genevro
Chief Human Resources Officer
Independence Health System



"Steve helped my patients develop a thought process and learn strategies to better cope with addiction. Once the patients began services with him they continued to follow through and have better success with our program. I would highly recommend his psychological services through mental fitness to anyone in need."

— DR. Richard Stigliano, D.O



Social Proof



Beth Harar @bethhararwrites · 4/11/19
@samalucania Best assembly Woodgrove High School has EVER had. Thank you so much for being honest, straightforward, and real. I've never seen our students so engaged!



Dr. Tracy L. Jackson @Tracy... · 3/29/19
Replying to @JenWallCPS @samalucania and 2 others

Absolutely!



Subject: Mental Fitness Material

To: steve@mental-fitness.us

<steve@mental-fitness.us>

Hey Steve,

If you could share the mental fitness material with me I would greatly appreciate it as I plan to implement with my students and athletes.

Thank you,



Kyle Hardy
Teacher/Coach - TMCHS
Belcourt, ND

[701-477-6471 ext. 3619](tel:701-477-6471)

Testimonials

"Our community was truly fortunate to have Sam Anthony and Steve Wize come and speak to our students about the critically important topic of Mental Fitness.

The concept of Mental Fitness and caring for our mental health the same way we do our physical health struck a chord with everyone in attendance. Sam and Steve outlined practical techniques our students can implement daily to remove toxic thinking, not take ownership over dysfunction, and develop greater resilience.

After the presentation, I witnessed students excitedly discussing the tactics they just learned and sharing some of their stories with our presenters.

I cannot recommend Sam and Steve highly enough to any school, organization, or institution looking to educate and motivate their audience around Mental Fitness."

**Richard Dorry,
Student Assistance/Substance Awareness
Specialist/School Social Worker
Scotch Plains-Fanwood High School**



Academic Partnerships

Along with the University of Pittsburgh School of Social Work Professional and Continuing Education, we have created a Mental Fitness CE Intensive and Digital Badge. This continued education course is available to licensed professionals (LPCs, LCSWs, LMFTs) from across the United States and are NASW accredited and soon-to-be ACE accredited.



Academic Partnerships

Along with the Penn State Behrend's Center for Community Outreach, Research, and Evaluation (CORE), we are currently researching the effectiveness of Mental Fitness on six variables: Research groups are underway as various partner organizations are training both their staff and clients in Mental Fitness!

✓ **Mental Fitness**

✓ **Growth Mindset**

✓ **Resilience**



✓ **Perceived Stress**

✓ **Emotional Mastery**

✓ **Reduced Stigma**

Contact Us Today:

S t e v e W i z e

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S a m A n t h o n y L u c a n i a

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