



GET MENTAL FIT
.ONLINE

EMHIC COLLABORATIVE DIRECTORY SUPPORTING DOCUMENT

Get Mental Fit: A Skills-Based Mental Fitness Gym

Recognize the pull. Train one skill. Move toward what matters.



Digital initiative: GetMentalFit.online and the Mental Fitness Gym

Founder: Fred McGee III

Location: United States

Web: <https://getmentalfit.online/> | <https://gym.getmentalfit.online/>

What Get Mental Fit does

Get Mental Fit is a digital, educational mental fitness experience that helps people recognize everyday pressures and distractions, select a useful skill, practice a short rep, and move toward a personally meaningful reward or responsibility.

The initiative uses the familiar structure of a gym to make mental fitness understandable and actionable. Visitors begin at GetMentalFit.online, complete a short Fit Check and Planning Station experience, and then enter the Mental Fitness Gym for skill-based training.

Core pathway

1. Recognize the pull

Notice what is competing for attention, steadiness, energy, connection, or direction.

2. Understand the pattern

Identify what pressure encourages a person to think, say, feel, or do.

3. Train one skill

Complete a short, practical rep using the skill that best matches the present need.

4. Move toward what matters

Use the skill to create traction toward a meaningful next step.

Skills trained

Focus, memory, communication, emotional balance, executive control, resilience, recovery, brain nutrition, sleep and restoration, and learning and growth. The experience also reinforces personal boundaries, respect for the boundaries of others, self-awareness, decision-making, and intentional response under pressure.

Who it is for

The public entry experience is designed for people who may have little or no prior knowledge of mental fitness. Outreach pathways are being developed for parents and families, educators, mentors, service workers, healthcare and caregiving teams, coaches, community groups, and workplace wellness settings.

How the digital experience works

ENTRY	GetMentalFit.online explains mental fitness through a guided, audio-supported experience.
ORIENTATION	A 60-Second Fit Check helps the visitor identify a present starting direction.
PLANNING	The Planning Station connects the identified pull to one useful skill and first rep.
TRAINING	The Mental Fitness Gym provides ten stations, guided workouts, games, progressive practice, and v
NETWORK	The Ambassador Hub provides prepared invitations, a partner pathway, a group workout outline, and

Voice, accessibility, and engagement

The experience combines concise written guidance with voiceover and music because many visitors do not read long blocks of text. Clear buttons, short activities, practical language, and guided handoffs are used to reduce uncertainty for first-time users. The sites are designed for mobile and desktop access.

Safety and scope

Get Mental Fit provides practical educational skill-building. It is non-diagnostic and is not a replacement for medical care, psychotherapy, crisis services, or other professional mental health treatment. The initiative is positioned as prevention-oriented learning and everyday skills practice.

Development stage

The public entry site, Fit Check pathway, Planning Station, Mental Fitness Gym lobby, and ten skill stations are in active development and testing. The initiative is building community partnerships, participant feedback systems, digital resources, and a network-based outreach model in preparation for wider public engagement.

Founder perspective

Fred McGee III brings decades of experience in community engagement, retention and engagement, residential treatment support, mentoring, program development, and continuing education. Get Mental Fit translates that experience into an accessible, practical framework for mental fitness learning.

Primary contact and collaboration:

Website: <https://getmentalfit.online/>

Ambassador and partner pathway: <https://getmentalfit.online/ambassador>

Support: <https://ko-fi.com/unclefreddyfreely>