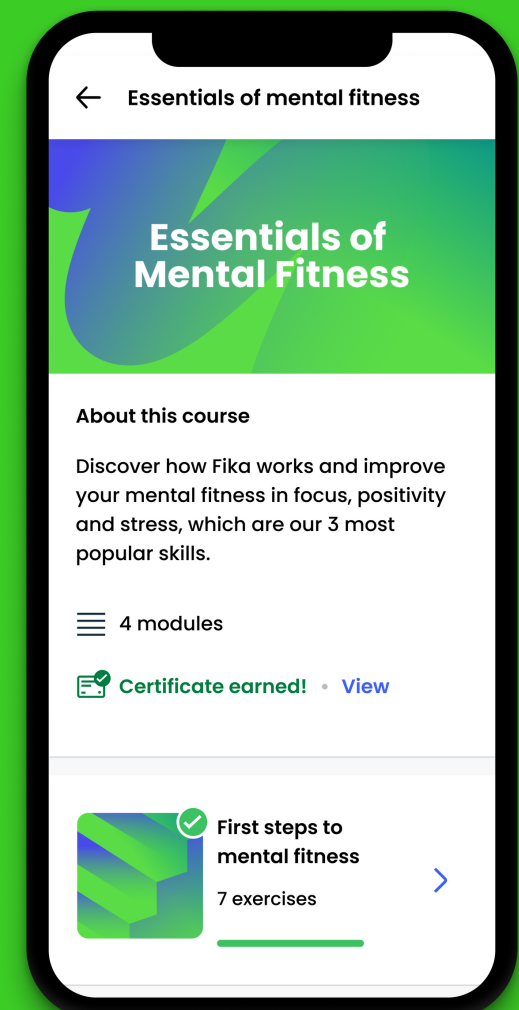


EXERCISE YOUR MENTAL MUSCLES & BUILD YOUR MENTAL FITNESS WITH FIKA

1. DOWNLOAD FIKA: MENTAL FITNESS



- [App store](#)
- [Google Play store](#)

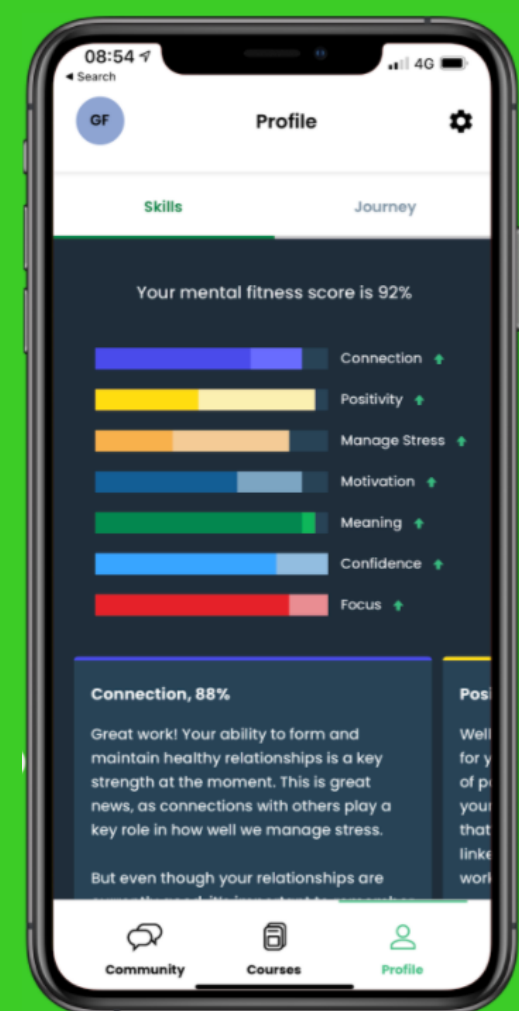


2. REGISTER TO YOUR ORGANISATION

- Tap 'Get Started'
- Find your organisation
- Enter your organisation email & create a password
- Select 'Staff'

3. SET UP YOUR PROFILE

- Watch Dr. Fran's introductory video
- Set reminders to help you form healthy habits
- Complete your mental fitness profile before and after the course



4. ASSIGN THE ESSENTIALS OF MENTAL FITNESS COURSE

- Tap '+ Add new course' in the 'Courses' tab
- Enter code: **ess-bradford**
- Tap '+'
- Achieve your mental fitness certificate



4 x modules
28 x 5-min exercises
1 x CPD skills certificate