

Let's work together!









About Me

My name is Christopher Spence Pratt. Most of my life was spent suffering from suicidal depression and severe anxiety. Over the past 7 years I have completely changed my life. It is now my mission to spread mental health awareness and inspire others through what I have learned on my own self-improvement journey.

I share a wide range of content. I share insight regarding how Fitness and Nutrition play a crucial role in our well-being, to positive mindset tools to use in our daily life to achieve success.

46.3K Followers

65.9% Male

16.5K Post Reach

20K Reel Reach

52% From USA

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