

Young men 18 - 25 program

The target audiences are obese people, however, young men from 18 to 25 years old are deeply in need of this program. The best clients currently are those who are consistent in their attendance, and discipline with themselves, and those who do have the athlete physique. The common thing between young men and those disciplined-selves, is some direction, the same goal.

A young man who goes to school has an unhealthy sandwich, probably from any fast food on the corners. He's unhappy with his situation. He's feeling sad and unfulfilled by his dull routine. He still does not eat healthy and does a sport to fix his slimy shape.

His current state is most likely a mix of disgust, sadness, lack of self-esteem, regret that he let it get to that point, and frustration at himself. He's worrying about taking action because he will not get the joy of the fast food's taste. He is not happy when going to a mall or family visiting, because he becomes out of self-confidence.

His dream states to be as an athlete physique, and to have a clean inner health. He does describe his dream state as the freedom, the freedom of eating real food.

He enjoys eating junk food, or eating as an animal in a dry desert.

The key to shift his sad food-routine is basically through changing the way of thinking, and this will change dramatically when doing sports.

Komodo Gym would be his first step to changing his life for the better." Something like that It will surely change the way a client thinks, and the food a client would like to get. Komodo Gym is a community of people with similar values, goals and mindsets. The biggest regret most people have is their missed opportunities. "Weighing the options for hours on end, wastes your biggest asset, your time. Stop wasting your biggest asset and take action today".