

The Story Of How A 15 Year Old Kid Created MOGG Activewear

Do you have those days when everything is not going the exact way you want?

Days when you are not able to focus on school/work, days when you are unable to have a good workout because your energy levels are low, or days when you have so little emotion inside you that you just want to be left alone the whole day?

Well there was a period of time where the founder and owner of MOGG Activewear, Salah, lived through and experienced a boat-load of days like these.

Although he worked hard every day and tried his best to make progress...

He was miserable.

He was demotivated.

He was careless.

He was unsure about what to do and how to put his life in the right direction.

He watched countless YouTube videos on how to get out of this endless, repetitive mental rut.

He made progress, but he was never consistent.

He was still not sure why he was feeling the way he was feeling.

Everything changed when he came across a particular YouTube video.

The video was made by a popular YouTuber named Hamza Ahmed, who Salah followed and supported.

In the video, Hamza mentioned how everything in our surroundings contains some form of chemicals.

For example:

The tap water we drink contains hormones that are found in birth control pills.

The foods we eat are made out of ingredients that are genetically modified with the use of modern day science.

Above all, we treat our skin, the largest organ of the body, in an extremely shameful way.

We treat it by wearing unnatural fabrics that are masked by chemical compounds that mimic, interfere with, or block the body's hormones.

Isn't that crazy?

We spend 99% of our day in clothing and these chemicals are in point-blank range within us.

As soon as Salah realized that, he did his best to chuck all the toxic things out of the window.

He went through his wardrobe, watched what he ate, and made sure he drank the safest water possible.

After this realization, he craved to do everything possible to revolutionize the sportswear and activewear industries that actively contribute to this problem.

He wanted to make wearing natural fabrics feel as normal as putting your shoes on.

As stylish as brands like Adidas and Nike.

As recognizable as the sunset.

He worked on this solution tirelessly.

Early mornings...

Late nights...

School hours...

It didn't matter.

He put the work in and here we are today.

Improving your life starts with improving your surroundings.

Everything else will follow suit.