



Hello, my name is Harold Clark, Founder, creator and owner of Mega 1 Fitness. At Mega 1 Fitness we are professionals specializing in individual personal fitness, personal nutrition training and design.

**Mission Statement:**

“Setting the Pace in health and fitness, as professionals putting pride aside, meeting people where they are in life, putting the client above ourselves, training them in personal fitness and nutrition, teaching them to make better lifestyle choices for good health which can lead to a better life.”

I have always had a knack for sports and excelled in whatever sport that I chose. Weight training always seemed second nature to me. Maybe it's the Samoan blood? Even at the age of fifty two I can still hold my own. Age and/or injury can sometimes play a toll on our health and set us back a bit. In 1995 I had a bad Horse riding accident that messed me up pretty bad. It took years to completely recover from the accident. I realized that the only way that I was going to get back on track with my health was to get back into the gym for some healthy exercise and weight training. I had put on some unwanted weight that I still struggle with some today. One thing that I noticed while training in the gym is that the majority of trainers seemed to cater to the not so out of shape individuals not bothering with the ones who probably needed their help the most. I would have people coming to me for help because it looked to them as if I knew what I was doing and I would tell them that I had a lot of work to do myself before I could really help them much but I would do what I could to help them if they were willing to listen and put forth the effort. I would always here from different individuals that they had asked for help and that the trainers didn't really seem like they wanted to mess with them or that the rate was really high. Don't get me wrong, I do believe that a good trainer's time is worth paying for but sometimes the cost is a little ridiculous. I do believe that in many circumstances some trainers charge a little too much compared to their knowledge and experience. I had a new certified trainer offer to help me one time for \$45.00 per every twenty minute session and if I would choose hourly training I could get it for \$100.00 even. No one should pay that kind of money for personal training. They had just gotten certified and had no experience really and wanted that kind of money. Of course I told them no! I wouldn't pay Arnold that kind of money for twenty minutes of training.

My situation while doing my own training in the gym turned into me training or helping every other individual in the gym. It was free for them at the time because I had not kept up my certification as a trainer. I realized the situation and updated my nutrition and trainers certificate. It just seemed as if there were a lot of people in that gap of very much wanting the help but could not meet a personal trainers expectations and the financial part of it to get the needed support and I hoped to create an option that might help meet some of that void. I've had trainers tell me that if they want it bad enough that they will pay but the down side of that is that the majority of those trainers only have two or three clients and struggle for more. Mega 1 Fitness began in 2000 and has been busy every sense. I believe that as a trainer you have to meet people where they are in life and not just their health but their finance also. Our goal at Mega 1 Fitness is to offer an affordable option with professional training in fitness and nutrition so that any individual might have an opportunity of great health and fitness. I'm a firm believer that lots of little bits make a lot. At Mega 1 Fitness we do our best to provide the necessary equipment, information and affordable assistance to insure that each individual need has an opportunity of being met in health and fitness to the best of our ability. I believe that something different is needed in helping people meet their health and fitness goals and at Mega 1 Fitness we strive in setting the pace to be that difference that's needed.