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America may be a country with offers to many great opportunities. Dreams and aspirations come true with the simple desire to achieve them. However, there's a price for everything. Many wish to be healthy but don't seem to know where to start and those that begin searching for gyms are shocked at the cost to not only join, but to maintain a membership. Unfortunately the bigger problem isn't the desire to be healthy, it's the difficulty presented with not only getting there, but sustaining a goal.

In New York City alone we find an abundance of gyms with all kinds of classes and offers that claim they want to "help" people "look and feel better." They offered faulted promises and they're methods of "helping" others is by throwing promotions their way via emails, text and flyers. Gym memberships can cost as much as 100's a month. They make this seem as though it's the best interest for the customer but it's a sale and its business. The method most of these gyms make money is through the memberships paid by inactive members, later making cancelations tedious, and ultimately no result is achieved for the people trying to be healthy. Money is lost in joiner's fees, memberships, maintenance fees, annual fees, and even cancellations fees. It's a business that is made by taking advantage of the person who desires to have a healthier life.

What if a gym could be free? If someone with the desire to be healthy could obtain it for free, with more reason they would take full advantage of the opportunity. I propose opening a gym with a studio for group work outs. The gym could offer basic classes, such as cardio and strength workouts, with clear instructors explaining how to use each work out most efficiently. In this gym there would instructors willing to offer the best advice on how to best lose weight, tone, and build muscles. The studio would offer classes such as; boot camps, pilates, yoga, Zumba, and any popular classes that could encourage healthy work outs.

How I would plan to fund this is using 25,000 to construct this gym location, pay for equipment and pay a couple of instructors. The gym though will be free will be funded by donation from those willing and able to give. Also equipment such as mats for yoga or towels will be rented for as low as 3\$ each. A small space for vending machine that not only sells healthy juices for about 2\$ each, but it would also sell healthy snacks for those preserving to remain healthy even after a workout.

The solution I offer is with the best interest to those that care enough to want to make a change and that don't believe in excuses. I believe when someone unselfishly wants something there is no reason they don't deserve it as long as they are fight for it. In knocking down economic barriers I believe that I can truly help individuals make steps to being healthier people. By learning and developing healthier habits and life styles, we eliminating the possibly of not being able to successfully obtain a goal.