

What's in a name?

The Origin of Gym Odyssey

Having grown up fascinated by the ancient cultures it seemed a natural progression to in some way mirror this in my business life. The ancient Greeks in particular personify to me the ideal I hope Gym Odyssey will convey, namely physical and philosophical growth achieved in perfect harmony.

Developing mind, body and spirit with a view to living under the banner of free will and equality is the inspiration which gave birth to this site and its connecting ventures.

The word Gym is of course self explanatory while Odyssey popular throughout the world captures perfectly my view on life in and out of training hours, Odyssey is derived from the legendary Greek king Odysseus who ruled Ithaca, renowned for his cunning he survived the Trojan War only to be kept from returning home for 10 years by the god Poseidon.



The great poet Homer described the wanderings of Odysseus and his eventual return to Ithaca in 24 books, from the legend we now have Odyssey described in dictionary form as "**Long Adventurous Journey**"

The Greek Philosophers understood then that adversity shapes the individual every bit as much as good fortune, embracing life in the face of personal and professional difficulty is a challenge to be met with conviction not meekly avoided.

Mythical character or not the Odysseus spirit is inside each and every one of us. The ancient poets and play writes knew this and put forward the message in a form all men regardless of social standing could understand and be inspired by. It is my intention to continue in the same positive manner. Is life indeed an adventurous Journey?

Here at Gym Odyssey the answer is a resounding yes!

Good Luck
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