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On November 15th the residents at Horizon Juvenile Center in the Bronx received an uplifting message during a special visit. Inspiring WWE Wrestler and Motivational speaker Mark Henry or as he is known, “The World’s Strongest Man”, sent a strong message to the youth.

Mark Henry who stands at an imposing 6’3” visited with juveniles and delivered a message that was inspiring and uplifting. Residents were overwhelmed and recognized the Champion immediately without introduction as he entered the gymnasium and began to speak. The superstar wrestler shared his powerful life story of humble beginnings and overcoming obstacles in life by looking at the options and choices he was faced with.

Captivating the youth with humor, the Champion also stressed that they should stay focused on their options and make the right choices in life. Becoming a World Champion in wrestling, competing in the Olympics, breaking records and winning gold, silver and bronze metals as well as becoming “The Worlds Strongest Man”, were options for him because he set goals, focused on them and always pushed forward. The message from the Champion was clear, “put it behind you and focus on your goals and move forward from here”.

