

# DAVE NGUYEN

*'mighty mouse'*

Certified Personal Trainer

416 434 9104

[classic-143@hotmail.com](mailto:classic-143@hotmail.com)

[www.wickeddealz.com](http://www.wickeddealz.com)

## INTELLIGENT, GENUINE, DETERMINED

### QUESTIONS FOR THOUGHT

---

#### **The most important thing people should know about working out?**

I think the most important thing people should know about working out is that it is not only to look good. From my experience in the industry, not only as a trainer but also as an avid exerciser, people tend to let appearance be their number one motivator or goal. Looking good, and achieving a certain 'look' for yourself is a positive thing however, distressing and cleansing yourself of daily stresses are just as if not more important. I find working out 3-5 days/week allows my mind to be at ease. What I usually tell people is that out of the 14-16hrs that you are awake, the 1-1.5 hours that you exercise are the 1-1.5 hrs that you have to really focus on yourself. No distractions and no obligations.... Just you!

#### **Most important advice you would give to another trainer?**

The most important piece of advice that I would give another trainer is to focus on lifestyle. Not every client you train will meet their personal goals. Every individual is different. Many clients choose not to diet, while being fully aware that diet is more than half the battle. As a trainer you can't force them to stop eating fast food or wings while watching football! Therefore, focus on

your clients' lifestyle and give them the best workouts you possible can while they are with you. Their muscles will still get sore, they will still burn calories, and they will still be distressing their minds from their daily stresses. Last and definitely not least, they will enjoy your company. So when I say focus on lifestyle, I mean don't go out and instruct your clients to do 4 sets of 20 on the calf raise machine! This will have them walking like a Billy goat! Not only will they be cursing you, it will destroy any motivation they may have. They are not avid exercisers like us trainers, and again their lifestyle shows why they don't exercise avidly or why they can't shed the 20-30lbs they desire.

### **What is the major difference between you and the other trainers around you?**

I think the difference between myself and other trainers is I take the extra step for my clients, not only on the gym floor but outside of the gym. For example, I have a client who absolutely hates cardio and will refuse to come in early or stay after a session to do cardio. So what I do every session now is, I roll a spinning bike around the gym with us during our sessions. I roll it with us machine to machine. After she completes a set, we do 1.5 minutes of spinning. So in total in a one hour session, she will get approximately 30-40mins of cardiovascular exercise. Another example, I have a client who diets, but has a tendency to cheat late at night with sweets or after dinner with cake etc. So what I did for her was I went to a local supply store and bought her a little pad and a pen that attaches to the pad. What I instructed her to do was to try a method called "the compound effect". I asked her to commit for 21 days. I asked her to carry the note pad with her every where she goes. I also asked her to record everything she put in her mouth. Even a piece of gum! The key to this tracking method was to do it before she ate. Eventually, she became sick and tired of pulling out the book to track and would deter herself from eating a piece of cake or chocolate. It also made her more conscience of her bad eating habits.

### **What would you change about the fitness industry?**

I would change the image obsession in the fitness industry. I see it time and time again, young teenage boys coming into the gym trying to lift too much weight, exercising improperly and dangerous at times. For what reason? To get big and have Ronnie Coleman arms. I think the fitness industry does not promote internal health i.e. proper diet, cardiovascular activity, or distressing. Instead, the fitness industry promotes nutritional supplements to assist in muscle building, fat burning, or metabolism alteration. The fitness industry is a huge business and promoting appearance is certainly a method of making money however if I could change the industry, I would promote and encourage internal health.

## **What is the biggest challenge facing you as a trainer?**

The challenge for me as a trainer is motivating clients to diet. It is hard to help an individual achieve their goal(s) if they do not play their role. I think the saying "it takes two to tango" applies here. I can train clients as hard as I possibly can however, it will not make a drastic change if they are not dieting properly.

## **Most important lesson you've learned during your training career?**

The most important lesson I have learned during my training career is not to overwhelm clients with information. I've learned not to move onto another exercise, movement, stretch, or machine until they have successfully learned AND remembered what ever it is I may be teaching them. I find that clients forget many things and as a trainer, I wouldn't be doing my job if my clients were to go to the gym and try to remember the machine or exercise they were taught, and end up doing it wrong.

## **What do you feel about training two people at a time?**

I don't mind training two individuals simultaneously. I think it is the same as training one actually. After each set, I have my clients stretch and have some water. If and when I have two clients at once, I have one stretching and the other doing their set. I like training two people at once because I find I get to fit in more exercises or sets if needed. Its basically work and no play, not much talking, and also the individual stretching gets to observe proper form and correction if required. Its like looking from the outside in.

## **Do you believe in weight training for children, if so how do you proceed and if not, what do you recommend?**

I encourage moderate weight training for children. I believe children that weight train should not lift to build muscle but to increase heart rate, burn calories, learn proper form, learn proper stretching, and influencing a fit lifestyle and habit. Strength training should be monitored very closely as delicate bone developmental processes could be disrupted. If the weights are not too heavy, few problems will arise during workouts or in the longer term. I would not recommend training for children under the age of 15-16.

## **How do you stay above and beyond the rest?**

I stay above the rest by constantly researching and learning new exercises and stretches. I research a large variety of exercises pertaining to strength training, rehabilitation, weight loss

training, sports specific training, supersetting, strip/failure, flexibility, law enforcement testing, fitness competitions i.e. body building, fitness modeling.

I use a mixture of different types of exercise for every client. I am diverse with my training, and implement bits and pieces of every aspect in my daily training.

Lastly, I stay above and beyond from the rest because of my caring nature, and positive attitude. Clients pay a lot of money to train with me, and it goes a long way to follow up with clients when they are not with me in the gym. Whether it be via email, text, or phone calls, I am consistently in touch with my clients. I am more than a one hour service. Not only do I work for and with my clients for an hour, I work for and with them throughout the week.

**How is it exactly that training makes you a stronger person in your day to day life?**

Training makes me stronger in my day to day life because of the rewards. I affect my clients daily. Not only do I affect them because of my training and teachings, I affect them with my caring attitude, and companionship. Training reassures me of my ability to network, and adapt to any personality. I have client from all walks of life, and I adapt every time. Training also allows me to learn while teaching. I learn from my clients about a variety. Lastly, training makes me stronger because I assist and have assisted clients in reaching their personal goals. I've changed their lives forever, and its rewarding to know that I will always be remembered and appreciated due to my training.

## WORDS TO LIVE BY...

*“Through our journeys in life, we shall succeed and we shall fail. However, we must always hold dear that wisdom, faith, and love always conquer and compel us to prevail.”*