



Interview with David Nguyen at the Temple Construction Course in Uptown Park

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Have you noticed the free weights and dumbbells in the early morning hours in the parking lot of Uptown Park? If so, this is the Temple Construction Course taught by David Nguyen. David Nguyen has been a certified personal trainer for 3 years and has over 10 years of experience in physical training. He has always enjoyed practicing and promoting a healthy lifestyle and believes that leading a well-balanced life is the root of true happiness. Before taking his personal training business full-time, he enjoyed working at Café Express in Uptown Park. When it came time to launch his Temple Construction Course, he knew that Uptown Park was the perfect location. The Uptown Park parking lot is now home to his early morning group workout, the Temple Construction Course, weekdays at 6am and 7:30am. Read the following interview with David Nguyen to learn more about this great opportunity at Uptown Park.

Q: Can you tell us about your experience in personal training and why you decided to start the Temple Construction Course here at Uptown Park?

A: I've always been interested in health and fitness and helping others. I decided to take this leap of faith and assist others in finding the same happiness that I've found. I worked at Café Express for 8 years and have built good relationships with the people of Uptown Park – this is a great location and I'm very thankful that Uptown Park has allowed me to hold the Temple Construction course here.





Q: We understand you refer to the body as one’s “temple,” hence, the title, Temple Construction Course. Can you tell us more about the philosophy behind the naming of this boot camp?

A: We are responsible for the positive construction of our temple (body), not destruction. Again, taking care of your temple allows you to find inner happiness.



Q: What do you hope your users learn or take away most from your Temple Construction Courses?

A: I hope my clients learn to love themselves, inside and out. I want them to be happy with who they are and be able to defeat their inner core issues. I hope people are reaching their inner needs and goals, as well as reaching their physical and health needs by taking my course.



Q: Your Temple Construction Courses are held early in the morning at 6am and 7:30 am. I have heard that the best time of day to exercise is early in the morning. Is this true? If so, can you tell me the main benefits of this schedule?

A: Yes, this is true! If your goal is to lose fat and burn calories, the early morning is the best time to do it. I believe it also starts your day off right. Plus, waking up to exercise is a good discipline to practice... one learns true dedication by sticking with this routine.



Q: How do people sign up to attend the classes? What are the exact dates and times the course takes place?

A: Sign up for my classes by emailing me at David@constructmytemple.com or calling 832-752-7832. The Temple Construction Course is held Monday-Friday at 6:00am and 7:30am and each session lasts an hour. Due to bad weather, email David for updates on session cancelations.

For the week of January 23rd – 27th, you may attend 3 complimentary courses – no charge!

Regular pricing is as follows:

- 1 Daily Session: \$25
- Weekly Program: \$100 (5 Sessions @ \$20 each) - SIGN UP & GET 1 FREE SESSION
- Bi weekly program: \$150 (10 sessions @ \$15 each) - SIGN UP & GET 2 FREE SESSIONS
- Monthly program: \$200 (20 sessions @ \$10 each) - SIGN UP & GET 4 FREE SESSIONS
- Bring a Buddy Referral Special: Bring a buddy and GET 2 FREE SESSIONS
- Cash or all major credit card payments are accepted
- Ask about Uptown Park Shopping Center Employee Special Values





Q: How does your boot camp course differ from others? What is unique about your teaching techniques?

A: I'm not here to beat anyone up. I want to lift you up. I want to motivate and inspire you to change your lifestyle. I also use a wide variety of exercises including cardio, weights and stretching. Overall, the tongue is very powerful – you will only hear words of encouragement out of me... which is why I sometimes dislike referring to my course as a boot camp!



Q: The Temple Construction Course is a large class, including many people with various levels of physical strength. How do you make clients feel comfortable exercising all together? Are there variations in your courses for different levels of intensity?

A: I take the time to speak with each client at the beginning of the course and throughout the course to make sure I'm aware of their overall athletic experience. For example, I may show an elite athlete in the middle of the workout how to do a more intense exercise or I may encourage him/her to add weight. We also constantly use group encouragement. I don't want anyone to feel left behind – we help each other through the work out. My foundations of building good relationships, morals and communication tools came from working at Café Express in Uptown Park for so long. I learned great business ethics there that are commonly used throughout my course.





Q: You mentioned on your website that clients should consume a carb and protein meal 1 hour before the start of the session. Can you give us a good example of this type of breakfast? Are there other ways clients should prepare for this class as well?

A: Some examples of a protein/carb meal include a banana, low fat yogurt, a small peanut butter sandwich or a protein bar. Protein and carbs are your energy source – you have to have it to get through an intense work out session. I also recommend my clients get a good 7-8hrs of sleep and come with a positive attitude and a focused mindset. And always bring a bottle of water too!

I provide certain workout equipment including, various dumb bell weights, barbell with different weights, kettle bells, punching bag with gloves, jump ropes, tires for flipping, sand bags, resistance bands, exercise ropes and medicine balls.



Q: Eating healthy can be just as important as exercising. Are you able to educate your clients on the best nutritional plans for them?

A: I enjoy advising others on nutritional plans – the right diet is 70%-80% of temple transformation. I speak to others on my experience in order to help them find something that works for them.





Q: A lot of people claim they are too busy to work out. Do you have any suggestions for prioritizing exercise into one's daily schedule?

A: One must understand that your bodily health is the number one way to improve your life – in ways you didn't even know were possible. If you're stressed out, it's likely that it's because you're not as healthy as you should be. Once people realize that making time to exercise is one of the best stress relievers, it's easy to fit into your schedule.

I recommend breaking down your schedule and starting gradually. Often times, people try to start working out with a bang – they go out way to hard and fast and burn out fast too. Starting with walking or jogging and building up to more intense exercises is the best way to go. Just 30 minutes a day can be very beneficial.

Other daily tips to keep you fit and feeling good include: practicing good posture, and even stretching throughout the day. Even a few neck rotations at the desk is a great way to relieve built up tension.



Ready to get healthy? Sign up for the Temple Construction Course today by emailing David Nguyen at David@constructmytemple.com or calling 832-752-7832.