



Dan Nguyen

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Empower individuals to create their health and wellness from within.

Activate The Mind-Muscle Connection

Fitness Behavior Expert Dan Nguyen Empowers People to Create Health and Wellness from Within

More than two-thirds of U.S. adults are overweight or obese, despite all the fads and trends in diet and exercise aimed at getting people fit. And even those who work out regularly can get stuck on a fitness plateau, far short of the results they seek.

Go to the gym seven days a week like Fitness Behavior Expert Dan Nguyen (pronounced WIN), and you will see people doing the same exercises over and over who are just maintaining their level of fitness or even losing ground. Why is it people can work out and diet religiously and still get stuck?

"It has to do with the visualization – people go to the gym and they go through their routine with no focus, no intention behind it," Dan says.

An authority on the mind-muscle connection, Dan studied hypnosis and Neuro-Linguistic Programming (NLP) to become a Master Practitioner of NLP and a certified hypnotherapist by the Association for Integrative Psychology (AIP). He also earned certification as a trainer with the National Academy of Sports Medicine (NASM).

"To achieve the healthy body you want, you have to change the way you think, the way you feel and the way you behave," he says. "Everything starts with a change in your mindset."

About Dan Nguyen: Dan Nguyen (pronounced WIN) is a fitness behavior expert and authority on the mind-muscle connection. He teaches people mindful techniques to exchange unhealthy habits for healthy ones, allowing them to achieve long-lasting fitness results. Dan has stayed in the top levels of fitness for 20 years using this approach.

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Story Ideas:

Overcoming Fitness Procrastination – Dan coaches clients to change their focus from negative thoughts that dissuade them from exercising to positive visualizations that spur lasting health and wellness. He shares three ways to stop procrastinating and achieve fitness goals.

Dan's ABCs of Health and Wellness – Dan explains his "ABCs" for fitness: Finding an Activity you love, focusing mentally on the Behavior you want, and achieving Consistency in healthy habits for lasting results.

Visualize Rock-Hard Abs – Dan shares how visualizing your muscles during a workout improves focus and results, or as he says, "muscle grows where your intention goes."

The Mind/Muscle Connection – Dan tells how he incorporated techniques he learned from hypnosis and Neuro-Linguistic Programming (NLP) into his own fitness regimen and his personal training and coaching of others.

Exercising Hard and Getting Nowhere – Dan shares why watching TV or reading a book while doing your aerobic routine may be sabotaging your fitness results, and what you should do instead.

Strength-Training, Abs or Aerobics? Yes! – Dan explains his daily workout routine and how he focuses on building muscle even while doing aerobic training. He reveals how to use focus and visualization to build muscle during cardio workouts with tips from his Absin8 program.

Reset Your Workout Clock – Dan shares how he got over morning procrastination and made getting up early to work out every day a pillar of his health and fitness routine – and how you can, too.