

Spotlight Interview - Brian Hempling

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Background information - What fitness career do you currently hold?

I am currently a certified personal trainer in Nashville, TN. In addition to training, I am a sports coach and group fitness instructor. I also represent 1st Phorm, which is a Midwestern supplement company.

When did you start working in the fitness industry?

I have been a basketball coach since 2011, but I did not begin working in the fitness industry until June of 2016.

Why did you start working in the fitness industry?

I graduated with a degree in Exercise Science from a small college in Iowa knowing that I had a strong passion for sports. I did not develop that same love for fitness until several years later. I wanted to get involved because I get enjoyment out of making a positive difference in someone's life and seeing people progress along their journey is a wonderful experience.

What is the biggest challenge for you as a fitness professional?

My biggest challenge has been networking my brand. I was born and raised in Iowa, so transitioning to Nashville and establishing all new connections was the toughest obstacle.

What is your biggest accomplishment in the fitness industry?

Right now it would be successful launching my own brand, The Jack of All Training. I had a specific vision and goal for my brand and it is beginning to take shape.

What advice would you give to people thinking about a career in fitness?

Fitness should be a selfless job. If you want to be any good at what you do, you have to think about others and not just about yourself. If your primary focus is about how much money you can make, and not about how many lives you can influence, then you need to flip around your mindset. Fitness is about changing someone's life for the better, which is a priceless commodity.

Who was your biggest influence when you were starting your career in fitness?

Several different people, but one in particular has to be Andy Frisella. Andy is the CEO at 1st Phorm and produces a motivational podcast that I listen to on a daily basis. Andy runs his company the way companies should be ran and his success speaks for itself. I was influenced by Andy early on my journey and he has helped given me the strength to pursue my passion.

What is the most rewarding aspect of your career?

Hands down, the most rewarding aspect is when people see real results. It's when you get that text saying, "I just fit into pants I haven't been able to wear in years!" Or when someone is brought to tears because they can actually tie their own shoes now. Like I've said, you simply cannot put a price on the

feeling you get from positively influence another person's life.