



## MAN OF THE MONTH FOR MARCH 2013 HUYNH ANH OF THE SOCIALIST REPUBLIC OF VIETNAM

Huynh Anh was born on 24<sup>th</sup> July 1956 in Ho Chi Minh City (formally known as Saigon) Vietnam's bustling largest city. He is happily married with two sons.

He was attracted to bodybuilding when he saw many of the American army personnel's serving in his country were well built and had great physique and this motivated him to exercise with weights to build his body. He started training bodybuilding since 1970. He did not participate in any competitions but use to give exhibitions and show-off his developed muscles in parties and other functions. He was born during the Vietnam War and went through a difficult time. He exercised with weights at a tender age to gain strength and power.

Huynh Anh accompanied his team several times as a Coach and as the Team Manager to the Asian Games in Busan and Doha, Asian Beach Games and several SEA Games. Vietnam organized two Asian





championships in the year 1998 and 2006 and also he worked with his countrymen for bodybuilding in the 2003 SEA Games held in Ho Chi Minh City, Vietnam.

He is very proud of the great leader Ho Chi Minh who used to train with weights with only a pair of dumbbells and this pushed Anh to work harder to introduce bodybuilding throughout Vietnam. Huynh Anh always remembers the great will power and strength of Ho Chi Minh and to him he is the number one hero.

Presently Huynh Anh is the Chairman of the Vietnam Bodybuilding & Fitness Council of VGF (Vietnam Gymnastic Federation). He is also the Vice-President of the Asian Bodybuilding and Physique Sports Federation (ABBF) and a member of the Technical Committee in the World Bodybuilding and Physique Sports Federation (WBPF). The Ministry of Sports and the Vietnam Olympic Committee recognize the VGF.

Vietnam became one of the top nations in bodybuilding because of the passion and desire of learning the technique of the sport and their government spent large sum of money in organizing seminars on nutrition, coaching clinics, judging and technical matters. Vietnam won many gold medals in the World, Asian, and Regional and in the Games. Their bodybuilders and officials are proud of their success.

Vietnam is hosting the 2013 Asian Bodybuilding and Physique Championships for men and women from 27th August to 2<sup>nd</sup> September 2013 in Ho Chi Minh City, Vietnam. There are huge followers for bodybuilding in the country and there are several gyms and bodybuilding is practiced by many young man and woman throughout Vietnam. Bodybuilding and Physique Sports is growing rapidly.

Anh's favorite bodybuilder is: Arnold Schwarzenegger.

Sea Food is Anh's favorite dish.

Vietnam affiliated to the ABBF and WBPF because of two reasons:

- 1<sup>st</sup> – All ASEAN nations (Association of South East Asian Nations) are members of these two great federations
- 2<sup>nd</sup> – The leadership of Datuk Paul Chua is greatly respected and admired by the Vietnamese officials and bodybuilders. He is a humble man and easily approachable at anytime, anywhere and anyplace.