**The Power of Belief: We Are What We Think!**

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…the greatest gift that extraordinarily successful people have over the average person is their ability to get themselves to take action.

-- Anthony Robbins

*Unlimited Power*[1]

**IT** is true, we are what we think. Beliefs about the existence of ASEP are what separate us from exercise science and kinesiology. Our beliefs have the power to transform us. Incredibly, the power of thinking as a ***Board Certified Exercise Physiologist***defines what we think and how we perform as professionals.

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| **Imagination is Power!**  Why not right [click here](http://faculty.css.edu/tboone2/asep/ImagingTHeFutureEXERCISEphysiology.html) to open the hyperlink to read about your future? |

So, what is a belief? Very simply, it is an idea; a point of view that supports everything the ASEP leaders do and what they predict will happen in the profession. This isn’t new. It all began with thinking differently. That’s why exercise physiologists must get over the past way of thinking, and move on by thinking differently.

How do you think differently? Why not take a serious look at exercise science? Why not re-examine what you actually think about “what is exercise science?” Start the process of allowing your mind to question “what is” versus “what can be” if only you allow your mind to grow with new ideas. As Albert Szent-Gyorgi said, “Discovery consists of looking at the same thing as everyone else and thinking something different.”

Eventually, after thinking differently, you will say “That’s enough. I must change.” With your eyes open, you will start living a true conviction that exercise physiology is the path to new possibilities. Take action now, and go in the direction that you know will empower you. Look at ASEP, and ask yourself “Why does it exist?” What is your answer? What are you thinking?

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| **Key Point**  To dream is to possess and the faculty to believe in things we can neither see nor touch is a treasure given to us all. To know in times of darkness that the sun will reappear is to see its ray in anticipation. To dwell on the anticipation of beautiful things to come, is to experience that realization in advance.  -- Patrick Mahony  *You Can Find A Way* [2] |

Do you realize that ASEP was founded for you? Yes, you deserve the respect and the benefits of your tuition dollars just as other healthcare professionals have. The difference is their leaders started decades ago by saying, “We must believe in ourselves and we must do something on behalf of healthcare in the United States.”

Believe you have it and you will have it. Believe that you are a healthcare professional, not a technician. Believe that you can earn a living as an exercise physiologist. Otherwise, how else are exercise physiologists going to realize their dreams? The answer lies within us.

It is the magic of believing that makes all the difference. But, first we must know what we want so that we can communicate with ourselves. Ask yourself, “Do you want to be an exercise physiologist?” If so, to achieve that goal, you must create the right mindset and, then you must work on it everyday. This makes sense because we become what we think about. This is an accepted idea among those who have taken an action to get what they want.

So, think positive thoughts about yourself as an exercise physiologist, and think positive thoughts about the *American Society of Exercise Physiologists*. Positive thinking creates within us the motivation to achieve our goals while negative thinking or failing to think at all distracts us from realizing our goals. It is time to think right, to think positive about ASEP, to join ASEP, and to support the ASEP leadership.

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| **They can because they think they can.**  -- Virgil |

Hold this idea long enough and you will become part of it. Yes, you have the power to be what you want to be if you think the right thoughts. Your beliefs will make you a winner, but only if you think as a winner. Be persistent and begin with your next breath, saying “I am an exercise physiologist, and I belong to the ASEP organization.” Say, “I am a healthcare professional who understands that exercise is medicine.”

Now, become part of the change process and promote the ASEP organization. Stand up for what you believe, and your belief in the integrity of the ASEP leaders. Remember, what your mind can imagine, it can achieve.” This thinking has been with us for many decades. Therefore, believe that you are a success, believe that you are on the right path, and you can accept the knowledge that you are a success and you are on the right path.

Do so now because you have the power to think right. Direct your mind to think the right thoughts. This is the foundation upon which your future is founded. You have the power to define your future by simply thinking the right thoughts and then acting on them.

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| **There is only one success – to be able to spend your life in your own way.**  -- Christopher Morley |

Therefore, create your thoughts wisely for you are a product of your thinking. Don’t concern yourself with not having every detail worked out. Do as Theodore Roosevelt said, “Do what you can, with what you have, where you are.” Create the ASEP mental image of the 21st century exercise physiologist. Now, assume that mindset and live the thought. Yes, live it now at this very moment.

Do not concern yourself with what others think. Do not be overly concerned with your challenges. Go about being who you want to be. Belief makes things happen. All you have to do is to believe, earnestly, and sincerely that you will succeed, that you have the right to succeed, to join ASEP, to be an exercise physiologist, and to be a credible healthcare professional.

I’m reminded of what Andrew Weil, MD said [3], “Most doctors are taught to regard the placebo effect as a nuisance, but it’s the meat of medicine. Placebo responses are healing responses from within, elicited by belief. In any controlled drug trial, you will find a few subjects in the placebo group who show every change produced in the experimental group. Even when you give people real treatments, including open-heart surgery, a lot of the benefit you see may be a placebo response.”

Similarly, as reported by Normal Vincent Peale [4], William James said, “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” ***As you think, so shall you be.*** How many times have you heard that statement before? No doubt, either a teacher or your parents have said it. If you are an athlete, there is a possibility your coach may have said it. It really doesn’t matter who said it as long as it becomes part of your belief system, and that is what this article is about.

Managing your future is intimately linked to paying attention to how each person gives shape to the future. From the ASEP leaders’ perspective, it means serving the needs of the students as future exercise physiologists in healthcare. ASEP doesn’t exist simply to build the organization separate of its membership. The leaders understand that the quick and easy solutions to our problems do not drive their work. That’s why they are in it for the long haul.

Belief is about fulfillment. It is about making a difference in your life and those you care about. Beliefs therefore move you closer to achieving your goals. So focus on being an exercise physiologist. See yourself performing as a healthcare professional. Then, move with certainty towards that goal by acting on your beliefs.

Remember, life is about making decisions and doing so regardless of possible outcomes. Don’t be afraid to fail to get to where you want to be. Act on your beliefs. Focus on your future and what you want to be. Nothing is gained by blindness and self-deception. Remember, if you think you can or can’t you are right! So stay positive and keep believing that:

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| Exercise Physiology is an occupation of professionals who perform a crucial social function. As healthcare professionals with specialized skill in applying the principles of exercise as medicine, they are concerned with regulating standards of conduct by adhering to a code of ethics. The exercise physiologist’s education consists of a well-defined scientific body of knowledge grounded in responsibility for maintaining competence and integrity. After graduating from an accredited exercise physiology major, exercise physiologists sit for board certification that creates a strong collective identity and professional commitment to ethical and professional values essential for the profession of exercise physiology to have the freedom or autonomy to make healthcare judgments. |

*The bottom line is this:* In these challenging times, each of us must learn to think right if we are to move forwards. Why not think of ASEP ***Board Certified Exercise Physiologists*** as the right hand of every medical doctor of the future? After all, exercise physiologists are healthcare professionals who are experts in the use of exercise as medicine.

One way to help patients control their future is to hire exercise physiologists as “physician extenders” in the traditionally clinical environment. There is no reason they can’t perform many of the functions of other professionals, including physical therapists and athletic trainers.

Similarly, in addition to employment in the physician’s office, ASEP ***Board Certified Exercise Physiologists*** should be employed in specialty practices, including pediatric, family, orthopaedic, and osteopath. Why not? Exercise in medicine! Think about it.

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| Primary care physicians working with the Board Certified Exercise Physiologist can play a critical role in helping Americans adopt a regular exercise program. |

Regular exercise increases life span by helping to decrease the risk factors associated with heart disease, stroke, and certain cancers. It helps to prevent and treat hypertension and diabetes while, at the same time, decreases body fat and builds muscles and bones. And, if that isn’t enough, exercise helps to reduce stress, anxiety, and symptoms of depression.

I’m not a futurist, but I am a believer in positive thinking. Exercise physiologists can make a difference in the health of Americans. But, first, we must acknowledge that the future of exercise physiology lies in the strategic planning outside of the sports medicine’s view of exercise physiology. However reluctant many are to face this fact, exercise physiologists should plan for their future as entrepreneurs.

With their scientific background, they play a vital role in the thinking and the development of the exercise prescription. Personal trainers and fitness instructors aren’t prepared academically to assume the same role. Again, remember, people make things happen and, so it is with the members of the profession of exercise physiology. This is why they will find a way to be a major player in healthcare.

In addition to fee-for-service, their services will eventually be reimbursable by insurance companies, and their services will either be billed or billed incident-to-physician services. All of this in time will be self-evident as the words of Thomas Edison are better understood by society: “The doctor of the future will give no medicine but will interest his patients in the care of the human frame and in the cause and prevention of disease.”

As challenging as it may seem to create and sustain a belief that the future of the ***Board Certified Exercise Physiologist*** is within the healthcare profession, please appreciate that it is driven by the focus on the client and/or patient. In this way, the business view of the profession will prosper and society will benefit as well. Have faith in the future and, as Emerson said, “no accomplishment, no assistance, no training can compensate for lack of belief.” Belief you have it, and you will become what you believe.

References

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