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| ASEPLogo | **American Society of Exercise Physiologists****ASEPNewsletter****April 2020****ISSN 1097-9743** |
| **From the CEO, Mr. Shane Paulson****Dear ASEP Members…****In the beginning, there was exercise science. Later there was exercise physiology! The latter was not out of nothing. The awesome power of exercise connected with the right minds and the darkness disappeared. The transition from science to physiology is mind boggling without a daring expectation of possibilities and an understanding of the exercise physiologist’s future as a healthcare professional in Exercise Medicine.**ASEP **believes in the Exercise Medicine Practice by exercise physiologists that** involves:* Promoting health and wellness
* Preventing chronic illness and disability
* Developing physical fitness and flexibility, and
* Helping athletes and others reach their physical and mental goals.
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| **Power thinking is not arrogant thinking, it is self-confident thinking.****We become what we think, what we talk about, and what we do. If we think our work is for the right reason, if we think that our actions will bring forth positive results, and if we start living as professionals, we will become our vision.****What do you think? You may want to send an email to:****tbooneasep@gmail.com** |

**Remember this …****The most tragic waste is the waste of a****good idea.****-- Robert Schuller****If we don’t work to improve exercise physiology, it is unrealistic that anything will change.** |
| **The Spirit****of ASEP is Believing** **in Yourself****ASEP is all about caring for the students of exercise physiology. It is not a self-centered organization or even a self-serving attempt to do whatever.****The practical reality is the work of ASEP will not be fully understood until years later. Why? Because most exercise physiologists are even aware of the need to update their thinking.****Fortunately, the ASEP leaders dare to face the difficulties, challenges, and problems of status quo. They know there is a difference between exercise science or kinesiology and exercise physiology, and they are willing to find solutions.****ASEP will grow larger. It is bigger than its smallness at the present. The leadership understands that all we have to do is begin acting as 21st century exercise physiologists and we will live as desires fulfilled by our positive emotions.****The ASEP organization is turning what is believed to be impossible into possibilities. The ASEP membership is bringing life to the “profession” of exercise physiology as a vital healthcare profession.****No, it is not easy or fast, but it is possible and …****The best way to predict the future is to create it.**– Peter Drucker |  |

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| **ASEP is a Baby!****Think about it. ASEP is 23 years old. That is it. Talk about a young organization. Most organizations of some importance are 70 to a 100 years old or more!****Fortunately, the leadership is based on positive thinking and, therefore, it is determined to last. It is amazing what God can do if the leadership of an organization will give Him a little time to work.****So my friend, dream big because you can be successful as a member of the profession of exercise physiology.** **Dream big and work hard. Life is good.****Do not be concern that ASEP is small. Every organization is always growing and there are problems, but there are also many possibilities for success and opportunities.****Don’t let the size of ASEP become the reason you have not joined. The ASEP leaders aren’t just managing problems, but also love the changes they see.****Just for a moment, think about taking charge of your professional life by taking charge and become a member of the only professional organization of exercise physiologists and taking control of your future.** |

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