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| ASEPLogo |  **American Society of**  **Exercise Physiologists****ASEPNewsletter****December 2021** **ISSN 1097-9743** |
| **From the CEO,** **Shane Paulson, MA, EPC, ASEP Board Certified Exercise Physiologist****Dear ASEP Members,****As we approach a new year, I want to share my wishes that all of you have a happy and prosperous new year.** **Our recent Board of Directors meeting identified a list of issues that we will be working on through 2022 and beyond, so watch the website and your email for more details.** **Check to see those emails from asep.org can be received in your email and log in to** [**www.asep.org**](http://www.asep.org) **to update your profile if needed!****Happy Holidays,** |  |

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| **Remember…****Our greatest glory is not in never falling, but in rising every time we fall.****-- Confucius**  |

**ASEP Board Certified Exercise Physiologists****are healthcare professionals who prescribe exercise medicine.** |
| **The** **Importance of** **Persistence** **Tommy Boone, PhD, MPH, MAM, MBA****ASEP Board Certified**Have you ever felt like “giving up” at whatever your fight was about? It could be jogging a marathon, continuing work towards developing an exercise medicine clinic, or promoting the importance of the only profession-specific organization for exercise physiologists in the US, which is ASEP (the American Society of Exercise Physiologists).Persistence is exactly the ASEP leaders state of mind to improve the profession of exercise physiology. They have stayed the course since the founding of ASEP in 1997 and, frankly, exercise physiologists are in a much better place because of their willingness to do so. In fact, without persistence and determination, ASEP would have been a passing thought years ago. I know this because of what Calvin Coolidge said, “Nothing in this world can take the place of persistence. Talent will not; There is nothing more common than talented but unsuccessful men.” He also said that “Persistence and determination are omnipotent. “Fortunately, the ASEP leadership is thinking long-term. They understand that occasionally there will issues to deal with. That is life. They know the importance of setting goals, planning for the future, and thinking through hurdles to better plan for the future. As we all know, things don’t always go the way we planned. Friends often will change their thinking at the last minute that requires a new way to think about what is what. Such is life. |  |

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| However, if the persistent person fails to succeed with the first try, then he or she tries again. For certain, building a professional organization is not easy. Persistence is one of the key factors to eventually realize what will not work. Or, as Thomas S. Edison said, “I have not failed. I’ve just found 10,000 ways that won’t work.”Everyone understands the power of persistence to make their life dreams come true. Perseverance has kept ASEP on track to achieve its goals in the face of challenges and obstacles that most people would not believe. It is the persistence of the membership to be part of the first professional organization of exercise physiologists in the US. They understand the significance of the ASEP Board Certification and Code of Ethics. It is their persistence that continues to help the leadership find those moments of success that supports future work.The desire for exercise physiologists to be successful in prescribing exercise medicine as healthcare professionals makes the ASEP leadership persistent and focused. They are 100% interested in realizing the ASEP vision. It is their persistence that gives them the strength to persevere. **“Persistence is probably the single most common quality of high achievers. They simply refuse to give up.”**-- Jack Canfield |

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**Commitment**

**Shane Paulson, CEO**

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| **Expect your dreams to come to pass. Expect to be a winner.****-- Joel Osteen** |

 **ommitment** is synonymous with dedication. Having dedication carries the implication of never ceasing, not quitting due to inconvenience or because of challenges. One who is committed expects to achieve the desired results, will continuously work toward those results, and thus define their own success.

The **American Society of Exercise Physiologists** began with a commitment to individuals, that an undergraduate degree should mean something. We are dedicated to continuing those efforts by helping more academic programs adopt accreditation and helping more individuals who graduate from non-accredited programs have access to our qualifying professional credential.

Members of ASEP also exemplify commitment to the development of a true profession simply by sustaining their membership. Of course, sustaining membership is required of Board Certified EPCs so they can remain endorsed on the EP Registry, but so many students, professionals, and affiliates also sustain memberships with ASEP that helps us grow as the representative professional organization of peers.

The Directors want to thank past, present, and future exercise physiologists who join ASEP and then dedicate themselves to helping with the work of the Society of Exercise Physiologists. From hosting conferences to serving on committees, we always welcome exercise physiologists who want to contribute their time and expertise to move the profession forward.

If you would like to volunteer some of your time and expertise to ASEP to help us improve the prospects of exercise physiologists as healthcare professionals today and in the future, please reach out to us by emailing your thoughts and a description of how you would like to help to info@asep.org. Since we will never quit working to develop our healthcare profession, we will always need people to help us help ourselves!

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| **My question for you is this. Are you doing anything strategic and intentional to promote the professionalization of exercise physiology as a new 21st century healthcare profession? Well, here is the key. Think positive thoughts. No challenge is too great. You can make the difference. Stay committed and look on the bright side and focus on the possibilities.** |

**Exercise Physiology**

**A Vitally Important Healthcare Profession**

**Tommy Boone, PhD, MPH, MAM, MBA**

**ASEP Board Certified Exercise Physiologist**

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edentary lifestyles are so common that the topic of disease prevention by regular exercise is hardly ever discussed. The reason is simply this: Americans and people from around the world are lazy when it comes regular exercise. The idea itself is pushed to the side despite the evidence that a sedentary lifestyle contributes to an early onset of chronic diseases and death. Frankly, that is why the lack of an active lifestyle is the primary cause for the public burden of higher medical care costs.

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Exercise physiologists are prepared to evaluate and help adults focus on the benefits of regular exercise that, in particular, decreases mortality. Also, adults are informed by exercise physiologists of the short-term and long-term benefits, such as an increase in cognitive ability, decreased anxiety, and a positive sense of well-being and a decrease in stroke risk, decreased chances of type 2 diabetes, and a decrease in the risk of colon cancer.

Exercise medicine is the anticipated career opportunity for all college seniors who are looking to graduate at the end of the spring semester of the senior year. They know that exercise is medicine. They have been taught in course after course that exercise decreases the cardiovascular diseases. They know all too well that regular exercise strengthens the musculoskeletal system that increases the control over movement conditions. Ultimately, exercise helps to keep the body strong with the ability to withstand the likelihood of falling, which helps to promote health and well-being.

If you are either a middle-aged adult or an aging adult, why not contact an ASEP Board Certified Exercise Physiologists to develop a specific plan for exercising? He or she will inform you as to how much exercise is necessary, how to do it safely, and what to expect after several week of participation. Regular exercise can produce very positive health benefits that include cardiovascular (i.e., aerobic) and musculoskeletal changes throughout the body.

The **American Society Exercise Physiologists** (ASEP) is the professional organization of exercise physiologists in the United States. It is the only organization that accredits college academic programs and, then certifies the students who sit for the Board-Certified exam (the EPC) and pass it. They understand the importance of engaging in: (a) 30 minutes of exercise 5 days per week; (b) resistance exercises 2 days per week, such as sit-leg-extensions, and push-ups to improve strength; and (c) range of motion (i.e., flexibility) exercise 2 or 3 days per week.

The importance of an ASEP Board Certified Exercise Physiologist is consistent with the exercise physiologist’s academic background that allows for an analysis of the many health benefits that helps to improve quality of life and prevent diseases. Because the sedentary lifestyle should be understood as entirely inappropriate way of living, adults must come to an understanding of the importance of exercise medicine. After all, inactivity is not a positive way to live a long life with disability and/or the management of chronic diseases. Exercise, whether walking or jogging, bicycling, or swimming must therefore be understood as a priority for sustaining and/or improving an adult’s health and quality of life.

ASEP Board Certified Exercise Physiologists deliver exercise medicine services in several difference ways throughout the United States. Many have their own private exercise medicine clinics while others have their practice in the hospital setting, and general practitioner clinics. It is anticipated that the entrepreneurial approach to serving the community will become the primary method of connecting with the public sector. Increasingly, entrepreneurship and healthcare are recognized as being related. Exercise physiologists are using business concepts to get ahead in the healthcare industry while keeping patients and clients healthy. Using exercise medicine to prevent illness is key to unnecessary and negative mental and physical changes linked to aging.

Entrepreneurship, healthcare, and exercise physiology are linked, and the relationship among the three is expected to grow, which will move the ASEP Board Certified Exercise Physiologists forward as recognized caregivers to assess, promote, and prescribe regular exercise. They will play an important role in helping the growing number of older adults who are at an increase in risk of hospitalization and losing their health and independence use individualized treatment plans to increase their health and well-being. Hence, exercise physiologists are increasingly recognized as qualified healthcare professionals.

**That which is used develops, and that which is not used wastes away.**

***--* Hippocrates**