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**The Benefits of Being an ASEP Member**

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| The power of belief is founded in faith and persistence, which is exactly how new ideas manifest the reality that we desire. Yes, ASEP members believe in the profession of exercise physiology. They are living their dream of being a healthcare professional. |

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**ave you taken a moment to reflect on just how much time you commit to non-exercise physiology thoughts and ideas? Are you tire of hearing your colleagues talking about exercise physiology as though it is the same as kinesiology or exercise science? Well, whether you realize it or not, too many exercise physiologists are reluctant to move beyond status quo thinking. Their daily thinking is stuck in the past from failing to try new ideas and possibilities.**

Mediocrity is all too common, even among college graduates. But, if you want to be different from the rest of the crowd, you must make a commitment to trying new ideas. Yes, it is often very scary to try out an idea that your colleagues are not interested in. However, how else are you going to determine for yourself what the investment is worth?

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| Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.  -- Gandhi |

While trying something new, such as becoming an ASEP member and sitting for the ASEP Board Certification exam, how else would you learn about its importance in being recognized as a credible healthcare professional?

Status quo thinking is an old way to think. It got started around 40 or 50 years ago. It is now 2022 and you are about 7 months away from living in 2023. Why not embrace the new ASEP thinking? In short, why not try doing something new? Your colleagues will in time cease in their thinking to engage you, especially when you start thinking for yourself. In fact, doing so will help you to learn more about yourself as an exercise physiologist and the future you desire for yourself and possibly your family. Remember, your success is linked to expressing your own 21st century ideas and beliefs about exercise physiology as a profession. It is an important commitment that will make you more marketable in caring for patients and clients who need your expertise.

If you have recently graduated from college, why not implement your ideas during the upcoming months of the summer? It is the idea time to make yourself available to helping clients become active, whether it is starting a walking program where they live, riding a bike, or playing golf. Exercise not only has cardiorespiratory benefits, but also the muscles are improved (both in strength and endurance), as well as experiencing numerous psychological benefits. Without question you will help clients learn the importance of taking care of their health and well-being. After all, the sedentary lifestyle is simply unhealthy with a whirlwind of negative diseases and disabilities.

Start thinking about the power of exercise medicine and its role in starting your own healthcare business. Remember, as Henry Ford said, “Whether you think you can, or think you can’t, you’re right.” So, why not believe in yourself while also understanding that society is in need of the ASEP Board Certified Exercise Physiologist and his or her academic and laboratory training in prescribing exercise medicine that outweighs the risks of being physically inactive. The exercise physiologist’s belief in him- or herself will go a long way in helping your clients become more successful in thinking positive while they are improving their lifestyle.

Beliefs provide the means to building your business and/or the actions necessary to be successful. This is why it is important to be conscious of what you believe as an ASEP member, given that your accomplishments are driven by your beliefs that will empower you to achieve your goals and be successful. As C.S. Lewis said, “We are what we believe we are.” Or, said somewhat differently, what we believe has a big influence on what we are. Do you believe that you are a healthcare provider and that exercise is medicine that improves the mind and body as the ASEP leadership does? If you do believe in the power of exercise medicine, then you understand the importance of being physically active. Also, as an exercise physiologist, you know that the exercise medicine should be prescribed by an ASEP Board Certified Exercise Physiologist (who is recognized as a credible healthcare professional). That person is you!

The prescription not only increases your client’s health, it also a means that it is a prevention and treatment of major non-communicable chronic diseases. As an ASEP member, you are part of a healthcare organization that understands the growing concern of physical inactivity and sedentary lifestyles. Unfortunately, most Americans do not get this point and yet it isn’t a new idea. Hippocrates said in the 5th century BC that “Eating alone will not keep a man well; he must also take exercise. For food and exercise … work together to produce health.”

As a member of the **American Society of Exercise Physiologists**, you know how to help your client increase his or her physical activity to promote cardiorespiratory fitness and to decrease the growing risk of developing cardiovascular diseases, type 2 diabetes, metabolic syndrome, and cancer. You understand how to provide individualized exercise prescriptions to improve the client’s cardiovascular fitness and quality of life. You also know that society’s focus on pharmaceuticals is not the answer to living a lifestyle that contributes to the prevention of numerous diseases while also improving cognitive ability and well-being by decreasing anxiety.

Also, as an ASEP member, you are provided healthcare information and resources to help ensure the best care for your clients. The vision of the ASEP leadership is that the ASEP Board Certified Exercise Physiologists will be increasingly acknowledged by consumers and professionals in the healthcare industry as the “practitioners of choice” whose clients will have direct access to strategies to prevent physical limitations due to the presence of chronic diseases and disabilities related to mental and/or physical function, health, and well-being.

For certain, every ASEP Board Certified Exercise Physiologist can rest assured that the leadership is doing what is necessary to help you to be successful after college as a healthcare professional. If you should have questions, you can always contact the CEO, Mr. Shane Paulson who is ready to help you (email: [info@asep.org](mailto:info@asep.org)). As you begin your professional career as a healthcare professional, rest assured that ASEP has a Code of Ethics to help you with your practice.

The significance of the Code is that professionals in the application of exercise physiology to health, fitness, exercise, preventive and rehabilitative services can turn to it for guidance in their professional conduct. Adherence to the Code is expected, and is based on the belief that exercise physiologists are self-regulated, critical thinkers who are accountable and responsible for their high-quality competence in the practice and the delivery of exercise physiology concepts, ideas, and services.