



# *ASEP* Newsletter

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*Guest Editorial*

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*The Secret of Change*

*I*t is very important to instill into the minds of academic exercise physiologists as soon as possible rather than later the fundamental proposition that emphasis on professionalism in exercise physiology is 100% imperative for the survival of exercise physiology. Otherwise, if left to the desires of others, exercise physiology will only exist at the doctorate level (primarily, college teachers) and all others who are interested in exercise physiology will in effect major in exercise science or some related degree.

As a result, college students who spend thousands of dollars on tuition costs will find themselves searching for jobs as a personal

*trainer or fitness instructor. In general, they will not make the salary needed to financially survive. Whether they will have full medical benefits remains to be answered. Of course, the PT profession likes this idea because it helps to ensure the population of potential students who will apply to physical therapy. This outcome, which is apparent today but will get much worse, does little to no good at all for exercise physiology. Without a doubt the academic exercise physiologists must get this point thoroughly within their mind before it becomes important to the rest of those who desire change.*

*Undoubtedly, each of us is responsible for doing our part. This is in accord with the idea that each member of a profession contributes to its growth and sustainability by being active, not passive. This is the way it is with other professions. Thus, it stands to reason that if we think right towards exercise physiology, which will help to keep us from being influence by others, we will become what we think we are.*

*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.*

*Exercise physiologists must not allow non-exercise physiologists to influence and diminish what they are and what they have to offer to society. The realization that we are in control and can stay in control must be our guiding light and application of our knowledge. So, let us not find ourselves impoverished 5 years from now, but instead full of a collective willingness to let our inner strengths guide us as we work to professionalize exercise physiology.*

*Change does not come across as strange to members of other professions. They understand the power in “believing you have it and you have it.”*

*Our beliefs are all powerful. Once all exercise physiologists start to believe as ASEP exercise physiologists do, their collective beliefs and power will result in major changes at an accelerated rate. Hence, it is a matter of continuing to stay the course until the obsolete exercise science belief system is replaced with new feelings and expectations that will reshape our thinking about exercise physiology. Call it the power of positive suggestion or whatever. The reality of the words in this editorial is already vibrating within your central nervous system resulting in new thoughts and feelings about exercise physiology and healthcare possibilities.*

*However subtle at first, change is taking place, and it is influenced by our sense of "something isn't right." This awareness is the point of no return. The discomfort with status quo drives the change process. It is the driving force that overrides the influence of others who attempt to keep things as they have been for decades. Eventually though, it is apparent that each individual shares in the overall force of change. It may result from a different stimulus, but the overall effect is the same. It is then we realize the old beliefs that have shaped our view of exercise physiology must change.*

*Remember, like most things in life, the secret of change is action! Failing to act is giving in and giving up for fear of what others may say or do. Or, failing to act may simply be the lack of will, energy, or motivation to do what you believe is the right thing to do. But, your reality is this - if you don't act you will view yourself different from what you wish to be today and tomorrow. That in itself may create some internal issues with your new "unannounced" belief system, especially since (ultimately) the failure to act is likely to rob you of the opportunity to embrace exercise physiology at a different level.*

*All that a man achieves and all that he fails to achieve is the direct result of his own thoughts.*

*-- James Allen*