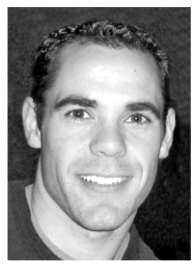


a•chieve (ə-ˈchēv) vb

1. to finish: complete: win: succeed 2. to accomplish: obtain with effort 3. to perform by one's own efforts



Somewhere, recently, I heard that the definition of insanity was “trying the same thing over and over and expecting a different result.” I’d bet that each and every one of you has seen that person at the gym too. You know the one – they are at the gym day in and day out yet never seem to look any better or be any stronger. Well, at some point it should click that if you want to have real results you have to do something different, something that works. Sometimes a new perspective is all you need to bust out of a rut, conquer a goal, or achieve something unbelievable.

In that light, I will be taking a slightly new direction very soon as this is my last issue. Three years ago I joined Achieve and for the past two years I have served as your Editor-in-Chief. I personally am making a change to focus my attention on achieving my goals of earning my doctoral degree. I can not thank enough the multitude of talented writers and wonderful readers that I have been fortunate enough to cross paths with for their fantastic articles, work ethic, and volunteer service to support this publication. I also must thank John and Kathryn Lee for taking a chance and believing in me at the start of my editing career.

What must you change in order to achieve your goals? A new perspective can break you out of a poor attitude towards health and will do wonders for your motivation. If you workout all the time and never seem to hit your goals – well then, consider what you are putting in your mouth and what intensity you are giving each day. The answers are usually simple – we just have to open our eyes and see them. That is what this issue will do for you – it will help you view some everyday things from a new light and help you become healthier than you already are. Stop the insanity and refocus.

Best in Health! Mike Ormsbee, Ph.D. candidate, CSCS

achieve
a health, wellness & fitness magazine

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