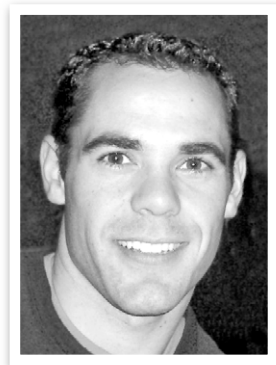


**a•chieve** (ə-'chēv) vb

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



*Re-focus your resolutions!* Missed workouts and days of less than perfect eating can make this time of year critical to your health. Spring is here and now is the time to decide to rev up your workouts or stay put on the couch.

If you have a poor eating episode, you can not allow it to throw you off your game and lose sight of your goals. The beautiful thing is that each day you can start fresh. Each meal you can eat better, each workout you can try harder, and every day you can become healthier. Take this time to re-focus your resolutions and get back on track.

This issue of *Achieve* offers tips for revamping your workouts and your mindset. It's time to gear up for the bathing suit season and get outdoors. Also, check out our "Achieve Cover Shot Contest" on page 35. Submit your photos for a chance at a cover!

*Best in Health!* Mike Ormsbee, MS, CSCS / *Editor-in-Chief* / Email: [achievemike@yahoo.com](mailto:achievemike@yahoo.com)