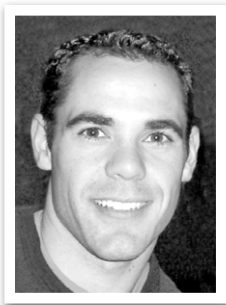


## a•chieve (ə-ˈchēv) vb

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



Yes, it's the New Year and everyone says it's time to start working out and eating healthy again, *blah, blah, blah*. How boring! You know you should be doing that already. *In fact, why would you ever stop?* After all, exercise is free medicine! *Why would you pay for a drug that could treat or prevent chronic conditions such as diabetes and cardiovascular disease, when you can do it for free?*

Think about it — the ACSM just reported that ONLY 41% of physicians talk to their patients about the importance of exercise and they don't always offer suggestions on the best ways to be physically active. *Has your physician ever asked how much you work-out? Ever recommended a workout or nutrition plan for you?*

Well, recently the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) joined teams in an all-star initiative called, "*Exercise is Medicine*" ([www.exerciseismedicine.org](http://www.exerciseismedicine.org)), aimed at getting doctors to record physical activity as a vital sign and prescribe exercise to all patients. And yes, it also urges physicians to get in shape, because fit doctors tend to suggest fitness to their patients more often. Patients need to be proactive, too: ask your physicians if you are at a healthy weight, what exercises are safe for you, and is there a qualified fitness and nutrition coach, personal trainer or nutritionist that they recommend.

Exercise is not seasonal, it's not a hobby and it shouldn't be something you do to lose a few pounds just before a reunion or trip to the beach. It's a way of life; it's free medicine!

*Best in Health!* Mike Ormsbee, Ph.D. candidate, CSCS / *Editor-in-Chief* / *Owner*, Ormsbee Fitness Consulting / [www.mikeormsbee.com](http://www.mikeormsbee.com)