



# What Kind of Member Will You Be?

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“Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, ‘What’s in it for me?’” - *Brian Tracy*

I have been a member of AACVPR for 11 years. When I first joined AACVPR, I was primarily interested in what the association could do for me. I thought the education, research, and networking opportunities would help advance my career by providing insight on how to be a strong professional. I anticipated that, by interacting with influential members of the profession, I would learn what it took to be successful. In many ways, my assumptions were correct, yet narrow-minded. I found there was much more to being a member than perks.

As Clint Eastwood says, “you get out of life what you put into it.” The same rings true for the benefits received from membership in AACVPR. I realized fairly quickly that those most influential in the fields of cardiac and pulmonary rehabilitation were the same people that helped guide AACVPR. They dedicated their time and energy to better the profession by providing their expertise through committees, research, and policy development. In addition, they gave their time

to mentor younger individuals, like myself, to continue to build a strong association moving forward. Sure, there are benefits obtained simply by paying membership dues, attending meetings, and watching webinars, but for those looking for more, opportunities abound.

Now that you are a member, what kind of member will you choose to be? Will you take advantage of the many resources AACVPR offers to enhance your career by participating in webinars, meetings, and networking opportunities? Will you use your membership to participate in AACVPR program certification or registry? Will you enhance your professional credentials by sitting for AACVPR professional certification? Will you leverage your membership to stay on top of the most up-to-date legislative information or cutting-edge research regarding cardiac or pulmonary rehabilitation? Hopefully the answer to all of these questions is yes. But I also encourage you to do more; to give

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## News & Views

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*News & Views* is a digital newsletter distributed bimonthly to all AACVPR members. Each issue includes scientific content, reimbursement updates, research updates, Affiliate Society news, upcoming event reminders, and a leadership message highlighting current issues in cardiovascular and pulmonary rehabilitation. This is a great opportunity for you to connect to our 3,000 members as well as our 42 regional Affiliates.

