A new year always brings resolutions for self-improvements, often in the areas of nutrition and exercise! The editorial panel at the *International Journal of Sport Nutrition and Exercise Metabolism* has taken this opportunity to look at ways in which we can systematically and strategically build on the success of our journal. This February issue unveils some changes by which we hope to improve the value we provide to both readers and authors. Our changes were developed following a review of the processes and requirements of other key journals in the field of exercise and sports science. We wanted to know what other journals do well, but also to look for areas in which our journal could offer novelty or even better practice. Here we present a summary of the major improvements to *IJSNEM* in 2014 and beyond.

**Improved Content of Current Papers**

The usual suspects found in most journals are original research papers, reviews, and case studies. These types of papers have formed the backbone of *IJSNEM* since its commencement in 1991 and will continue to provide readers with important material in our new look. However, our editorial panel is keen to increase the impact of the journal, both in terms of official Impact Factor metrics and reader interest. Therefore, we will be asking our reviewers to be more critical in judging the novelty of submitted papers and to assess the likelihood that published papers will attract attention, stimulate scientific chatter, and change practice. In addition, we are inviting authors to complete their original research and reviews papers with a novelty statement and a practical application statement. We intend to increase the number of Methodology reviews which summarize the factors behind the design, implementation and interpretation of various issues in sports nutrition. These reviews will help to establish best practice protocols for undertaking different types of sports nutrition research, leading to better conduct of the work that we publish and more critical understanding by our readers. Finally, we will continue to publish our Case Studies since they provide insight into the ways that sports nutrition is being practised to enhance the health and performance of athletes.

**New Categories of Papers**

Two new categories of papers will be introduced to the journal. The first is the Rapid Communication series, which offers authors a fast-tracked opportunity to have their work published in full. Although e-pub ahead of print services have reduced the time between the acceptance of a manuscript into a journal and its first communication to the world, in most cases there is a considerable time before the full and finalized material is available to all readers. Furthermore, most authors need to wait for the final publication of their work before academic credit is achieved. The Rapid Communication papers published by *IJSNEM* must be highly novel work that can be presented in an efficient and timely manner. Formatting requirements for these papers include a briefer presentation and authors must be able to quickly complete revision activities. Papers that complete this process will be rewarded with inclusion in the next available issue of the journal rather than waiting in the publication queue. We hope that this category will provide a novel opportunity for authors who want to publish exciting material quickly in journals with print and electronic formats.

The second style of paper is called 10 Questions; 10 Experts. These papers will summarize the outcomes of symposia delivered at major sports medicine and sport nutrition conferences following the format in which a topic is divided into 10 separate questions with a brief answer to each being provided by an expert in the field. These snappy papers will feature a brief introduction and summary provided by the symposium chair and each expert’s brief response (300 words) plus three citations to provide a multi-faceted approach to interesting themes in sports nutrition. The special projects editor should be contacted to discuss the potential publication of such a paper.

**Requirements for Manuscript Preparation**

We have updated the formatting instructions and requirements for the preparation of papers. Our goal is to encourage authors to produce succinct work, and along with most modern journals, we will now impose restrictions on the length of text, the number of references and the number of tables and figures. We have amended the protocol for citing in-text references to reduce the cumbersome need to name all the authors of a multi-authored paper. As well as enhancing the readability of individual papers in the journal, we hope that this will allow the journal space to publish more papers. It is not often that quality and quantity can be enhanced at the same time.

Finally, we are planning to produce issues with special themes, including the publication of conference proceedings. In this regard, we will be publishing the outputs of the FINA consensus meeting on nutrition for aquatic sports in a mid-year issue. We look forward to any feedback as we implement these new processes and projects.

*Louise Burke and Ron Maughan*