

**Mack Newton on... ANGER**

Anger is the silent assassin. Outbursts of anger can cause strokes, heart attacks, broken blood vessels, migraine headaches, asthma, ulcers, skin diseases, and other personal maladies. Anger builds up inside you until it poisons your body. Uncontrolled anger destroys relationships, hinders the developing personalities of children, can cost you your job or ruin your career.

Anger often feels shameful. It limits your growth as a human being because it is very difficult to become all you want to be when there is a part of yourself of which you are ashamed.

Nothing good ever comes from a temper explosion. Anger is a purely destructive, negative emotion that you can largely eliminate if you decide to do so.

Anger comes from inside you and is a personal choice. Anger reflects the person you are, and is not caused by what other people say or do. No one can make you angry without your permission. People often say "You made me mad." Yet in fact anger was chosen as a response to a situation.

What sets off anger? It is triggered by a perception that we are under attack or are a victim. You may also feel that you are being treated unfairly or that someone is taking advantage of you. Anger can also be caused by frustrated expectations. It is your perception or interpretation of an event that triggers your anger.

When you perceive you are in danger, your autonomic nervous system floods your body with adrenaline. Your heart rate and respiratory rate rapidly increase. Your blood pressure goes up. Your entire body goes on red alert and prepares for flight or fight.

The more often you get angry, the less resistance you have to the emotion. Anger can become an automatic response to any perceived problem in your environment.

Angry outbursts are a sign of weakness. Temper tantrums are immature and demonstrate a lack of character, as well as a lack of self-control and self-discipline.

Anger often gets expressed at people who can't defend themselves, such as children or employees.

You can make a choice to deal with life in a different way. Your attitude towards the inevitable ups and downs of life can determine how you respond to frustration.

To get your anger under control, first make a firm resolve not to become angry. That was a key to overcoming my own anger. Patience was one of the first virtues that I had to develop. When I get angry, it's like a big black cloud obscures my vision. I can't think. Every decision I have made while angry has been a bad one.

I visualized myself as a patient person. I had also to learn to become a better listener and reserve judgment. Counting to 10 when you are angry is a brilliant idea. It slows you down and gives you time to consider what is happening or to ask questions.

Use affirmations such as *I am responsible for my thoughts. I am patient.* You can use these affirmations daily and especially in stressful situations such as when someone cuts you off on the freeway or you begin to feel the fires of anger rise.

**43 DAYS ON A  
PATH TO POWER**

This month's "Mack Newton on Anger" has been condensed from an exciting new tape series now available at Newton Fitness. 43 Days on a Path to Power is a series of talks by Mack Newton, produced live in his studio.

"After I finished *The D Factor*, says Mack, "I decided I wanted to do another major project. These talks were inspired by topics I presented to the Chicago Cubs in spring training."

Topics covered so far include *Attitude is Everything, The 7 Ingredients for Success and Happiness, Basic Universal Laws, Mission Statements, Big Rock Philosophy: WIT and WIN, Conscious Language and Discipline, Practical Self-Acceptance, How to Build a Positive Attitude, Goal Setting, 7 Major Causes of Stress, I Will Not Quit, and How To Eliminate Negative Emotions.*

Not only are these talks great gift items for friends and family, they are also great to listen to when exercising or on those long commutes.

Tapes are \$7 for clients, and \$10 to all others. Each 2 tapes in the series have been combined on CD for \$14.95.

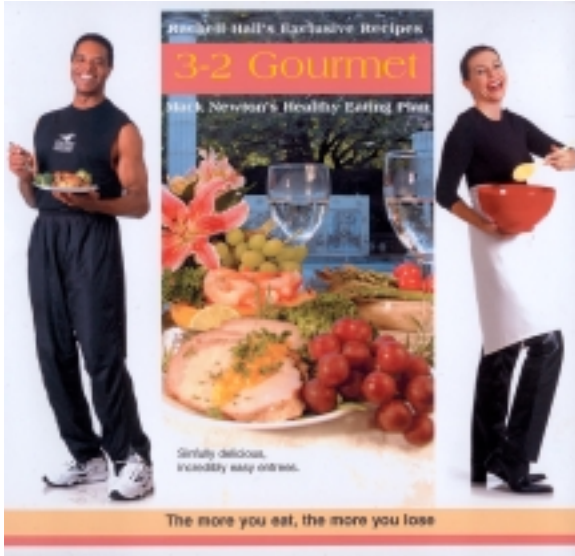
Tapes and CDs will be sold on the Newton Fitness website, which is undergoing a complete re-design. Soon you will be able to order single items or fill your on-line shopping cart with a variety of workout gear, including hats, t-shirts, sweat shirts, and shorts along with tapes, books and videos.

Workouts for various levels can be purchased in both VHS tape and DVD formats. Check back frequently to see what has been added!



**VISIT [WWW.MACKNEWTON.COM](http://WWW.MACKNEWTON.COM)**

# 3-2 EATING GETS EASIER AND MORE DELICIOUS THAN EVER



## 3-2 GOURMET COMING SOON

“Sinfully delicious, incredibly easy entrees...” That’s the promise of the *3-2 Gourmet*, a recipe collection from Rachell Hall and Mack Newton, soon to be published. Just a few of the recipes in the book include: Garlic Infused Eye of Round, Thai Beef with Broccoli Salad, Southwest Taco Salad, Scampi Style Shrimp Provençal, Spanish Paella Over Zucchini Noodles, Spinach Stuffed Sole, Indian Chicken Curry, and much more.

Here’s one recipe just to whet your appetite:

### SUMMER SALMON WITH STRAWBERRY NECTARINE SAUCE

#### Strawberry Sauce

- 3 nectarines
- 10 oz fresh strawberries
- Juice of 1 whole lemon

Peel and slice nectarines and remove green from strawberries. Place all ingredients in food processor and puree. Voila!!! It is so simple and so delicious. The strawberry sauce can be made ahead and quickly warmed in the microwave or it is also delicious served cold.

#### To poach salmon...

Place salmon fillet or salmon steak in a baking dish. Pour boiling water over salmon until it is about halfway up the sides but not covered. Place in oven at 350 degrees. Cook till done.

Enough for four to six people depending on appetites.

Continental Catering now offers complete catering service for the 3-2 eating plan.

“People that work out at Newton Fitness are very high-powered people who are often entrepreneurs or have careers in sales or marketing,” says Mack. “They eat out a lot and either don’t have time to cook much at home or don’t know how to make healthy food taste great.” Mack teamed with Christy Moore of Continental Catering to make delicious food in the 3-2 style easy to prepare — or just order and eat. Mack Newton has even contributed his mouth-watering Mack Daddy Ribs recipe!

“We want to make it easy for people to stay on the 3-2,” says Christy Moore. With our pre-packaged food, you can have dinner ready in 5 minutes. It’s beautiful, colorful, fresh and healthy!”

A call to Continental Catering can bring healthful and delicious food to your home that will last for days or a full week. Call them at (602) 231-9321 or visit their website at [www.continentalcatering-az.com](http://www.continentalcatering-az.com)



**CONTINENTAL**  
the fine art of catering

**Prime Rib** 5-6 lbs. average – 8-10 oz. servings  
Order our delicious prime rib either smoked, garlic stuffed, or garlic rubbed.

**Whole Beef Tenderloin** 3 lbs. average – 6 - 8 oz. servings  
Roasted or smoked.

**Raw Niman Ranch Steaks** *The best organic beef available!*  
New York (8 oz.) or Tenderloin (10 oz.)  
(Note: these steaks are delivered raw.)

**Pork Chops** 4 chops per order  
Available smoked, roasted and stuffed w/ peppers, garlic rubbed, or BBQ.  
Also available Margarita style – **PLATFORM ONLY!**

**Pork Loin** 3 lbs. average  
Roasted, garlic rubbed, roasted stuffed w/ peppers, smoked, or smoked stuffed w/ peppers

**Mack Daddy's Ribs** 2 lb. rack of pure pork pleasure!!

**Chicken Breasts** 4 per order  
Choose from curried, marinated grilled, BBQ, or garlic rubbed.  
Also available Adobo style (oriental flavor) – **PLATFORM ONLY!**

**Chicken Thighs** 6 per order  
Choose from curried, BBQ, or garlic rubbed.  
Also available Adobo style (oriental flavor) – **PLATFORM ONLY!**

**Whole Chicken** 4 lbs. average  
Choose from basil garlic or lemon seasoned.

**Rack of Lamb** 4 double chops

**Fruits and Vegetables**  
½ Pan of seasonal green vegetables  
Full pan of seasonal green vegetables  
Bag of mixed greens (2 lbs. = 4 servings)  
4 large Windmill Farms organic tomatoes  
One gallon of fresh orange juice  
7 Bananas  
4 Apples  
4 Pears

## TAKE A BREAK AND EAT OUT!

**Barmouche** at 3131 E. Camelback Road is the latest restaurant to add 3-2 eating to their menu.

Recently Mack and over 70 guests taste-tested a 4-course meal at the restaurant. All 3-2 menu items are designed to be visually appealing, to stimulate your sense of smell and to taste great. "3-2 eating focuses on what you can have rather than what you can't have," says Mack.

All recipes are available on the website, but why not get out of the kitchen and have a delicious 3-2 meal at Barmouche!

Other restaurants that also serve 3-2 fare are

**Fish Market Restaurant**  
1720 E Camelback

**Christopher's Fermier Brasserie**  
2584 E Camelback.

New classes have been added to the program at Newton Fitness. A conditioning class has been added at 1 p.m. on Mondays, Wednesday, and Fridays. In addition a class for stretching with guided imagery is being added once a month on Saturdays at 8 a.m. Call for the next scheduled date. Here is a schedule of all other classes open to members of Newton Fitness:

### CONDITIONING CLASSES

Monday through Friday  
10:00 am — 11:30 am

Monday, Wednesday, Friday  
1:00 pm — 2:30 pm

Monday, Tuesday, Thursday  
6:00 pm — 7:30 pm

Saturday 9:00 am — 10:30 am

## CHANNEL 3 TRACKS WEIGHT LOSS

"This is one of the most exciting segments I have ever done," says Marty Velasco-Hames of her series on Channel 3. Mack Newton and two students have attended weekly weigh-ins as well as demonstrating some exercises and discussing the 3-2 eating plan.

Marty has followed the progress of two of Mack's students. Terry Lee Tyrell began working out with Mack at 286 pounds and 52% body fat. "There is a lack of respect from other people because they assume you are not in control of your life because you are overweight," says Terry. She has lost 51 pounds since November 15.

Susann Reitan started at 285 pounds and 57% body fat. "I think my lowest point was when I traveled on a plane and could not get the seat belt around me," she says. Susann has lost 45 pounds since mid-November.

"People who are obese (have 50 – 100 pounds to lose) often live lives of quiet desperation," says Mack. "They feel invisible. They are ignored in restaurants or can't get waited on in clothing stores. This series was designed to address their needs."

These comments are excerpted from the Channel 3 website at [www.azfamily.com/health/](http://www.azfamily.com/health/). Click on the "Get Healthy Club" and you can read the complete details on how these two fabulous women stay on track.

### Terry Lee Tyrell

When I first met with Newton, he said, "Time is going to march forward. Are you going to continue being overweight, unhealthy and unhappy as it does? Next week are you going to still weigh 286 or more?" I said no and have never looked back. One week after he asked me that question, I dropped 5 pounds. Even though I have now lost 50 pounds, it's those first five I am most proud of because they represent my decision to live a new life.



### Susann Reitan

Change requires courage, which for me means facing life on life's terms. No more safety nets of food, caffeine or other unhealthy habits. For me, this has been hard. It has been scary, but I have learned I do not have to do this "growing up" alone. It takes a village to raise a child, and it takes a village to begin our lives again.

# SHAPING UP HIS FUTURE



"I was not happy with how I looked, how I felt, or my energy level," says John Maus. "I just wasn't feeling good about myself."

John saw a friend, Mike Kennedy, whom he hadn't seen in several months. "He looked like a completely different person." When John discovered that Mike had been working out with Mack Newton, he decided to give it a shot.

Starting at the end of last October, John dropped from 206 pounds and 30% body fat to a lithe 181 pounds and 17% body fat. "I want to take my body fat down to 14% or lower," says John. "My goals are evolving. I

want to continue to increase endurance, strength and flexibility.

"All the physical changes have been fantastic, but the most amazing thing for me is the way I have filled myself out inwardly. My wife says she can see changes inside me that are much more significant than the outward ones. I have always been a positive person but some of my attitudes have become suppressed over the years." John says that emotional and personality attributes have been unlocked and now filter through every aspect of his life. Parenting, communication with his wife, and his energy level have all improved dramatically.

"The class is a very positive place," says John. "People in the class are oriented towards achieving goals. Mack has created a place where that kind of an attitude can thrive. I can't say enough about the place that he has created. It's very special."

John, 40, has an extremely active lifestyle that has been enhanced by his new-found energy. In addition to his career as a real estate developer, he finds time to work out at the studio and enjoy activities with his wife and three sons, who are 12, 11, and 3 years of age. He coaches three baseball teams on which his older sons play, as well as golfing and other activities with them. "I am a much more productive coach and mentor to them than I was 4 months ago. We are getting so much more out of our activities together."



## *And Our Congratulations to.....*

Many of Mack Newton's clients have made impressive gains in their fitness and weight loss goals. There are far too many to list, so here are just a few:

*Vicki Christensen*

21 pounds in 2 weeks

*Pat Christofolo*

33 pounds since January 21

*Bev DeFalco*

31 pounds since January 21

*Peter DeFalco*

53 pounds since January 21

*Jane DuComb*

30 pounds since January 30

*Andrew Jackson*

44 pounds since December 30

*Verdeen Jackson*

62 pounds in 6 months

*Kenny Moffatt*

44 pounds since November 27

*CeCe Peniston*

18 pounds since October 24

*Bill Prather*

23 pounds since January 17



Check out Newton Fitness on the Web!  
<http://www.macknewton.com>

3243-A E. Indian School Rd.  
Phoenix AZ 85018  
Tel: (602) 957-6492