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Mack Newton on *Being True to Yourself*

Every week when I sign off of my radio show, "The Mack Newton Power Hour," I say to all my listeners "be true to yourself." And, people always ask me "what do you mean when you say that?" Well, what I'm talking about here is *integrity*. Perhaps the most important value of all.... integrity. I once heard it said that "Integrity is not so much a value in itself; it is rather the value that guarantees all the other values." This was a great insight for me...a crystal moment! It changed my life forever.

As we mature and develop our own values and standards (or absorb them from others), the issue of personal integrity assumes increasing importance. Once you have decided that you are going to live consistent with a value, your level of integrity determines whether or not you follow through on your commitment. What exactly is integrity? Integrity is the integration of ideals, convictions, beliefs...values, and behavior. When our behavior is in harmony with our professed values, when ideals and practice match...we have integrity. It's

really just that simple. When our words and our actions are congruent...we have integrity. The more you discipline yourself to live consistent with the very best you know, the greater is your level of integrity. And the higher your level of personal integrity, the happier and more effective and powerful you will feel in everything you do. When you live this way, you're being true to yourself.

In other words, you like yourself more. Personal integrity asks such questions as: am I honest, reliable, and trustworthy? Do I keep my promises? Do I do what I say I'm going to do and do I not do what I say I don't do? Being true to yourself makes it easy for you to be your own best friend and really easy for others to like you.

Whenever you lose self-esteem by behavior that lacks integrity, the only way that you can restore it is with behavior that displays integrity. This is a

"Character is doing the right thing when nobody's looking."

-J.C. Watts

"The measure of a man's real character is what he would do if he knew he never would be found out."

- Thomas Babington Macaulay

crucial point. If you have lost self-esteem by behaving in a way that lacks in integrity, you can't restore it by donating money to charity or being nicer to people. Those are nice things to do, but they don't by themselves restore the integrity or amount of self-liking lost. The only way to restore self-esteem is with behavior that has integrity. When your thoughts and

(Continued on page 2)

Mack Newton Announces Summer Fitness Scholarships

Newton Fitness is currently awarding Youth Fitness and Awareness Scholarships to local high school and college students. Award recipients will receive a Fitness Scholarship to the Newton Fitness Center that includes Pro-Conditioning classes and an opportunity to learn about Mack Newton's Healthy Eating Plan for Life.

You don't have to be in shape to come to the class. Mr. Newton will make sure that everyone trains at the pace that is most suitable for them and will move them steadily toward their level of peak performance.

Applicants for the Summer Fitness Scholarship must submit three items: 1) A brief autobiographical essay of no more than 300 words describing your lifestyle today, why you would like to get into better shape and the health goals you would like to achieve, and the importance to you of healthy eating and staying physically fit. 2) A letter of recommendation from a teacher, coach or family member that endorses your commitment to be the very best you. 3) An application

form is available at www.macknewton.com or by fax or mail from Newton Fitness and must be submitted along with the above 2 items no later than May 15, 2006.

To be eligible for a scholarship, a student must be currently enrolled part or full-time at a local high school, college or ASU. Winners will be required to attend the Pro-Conditioning Classes three days a week. A variety of class times are available in order to help you achieve your commitment. Awards will be given out the end of May. The scholarship is for classes from June 1- August 31. All finalists will have an interview with Mack Newton prior to participation.

For more information contact the Newton Fitness Center at (602) 957-6492. Applications and essays can be e-mailed to ntkd@macknewton.com, via fax to (602) 957-4424 or mailed to the Newton Fitness Center, 3243-A E. Indian School Road, Phoenix, AZ 85018.



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Every Thursday
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Inside this issue:

Health Hero Bev DeFalco	2
New Taekwon-Do class	3
Robert Kiyosaki on Mack	4
Mack Daddy's 3-2 Gourmet	4

Health Hero of the Month : Bev DeFalco

"I've always waged my own personal Battle of the Bulge," say Bev. "Over the years I have tried almost every diet and weight loss program available. On some programs I lost upwards of 40 to 60 pounds. In every case I gained back ALL of the weight and more. I was a classic yo-yo dieter."

We last reported on Bev DeFalco in May of 2003, after she joined Newton Fitness in January of that year and had lost 37 pounds. Now that she has lost over 100 pounds, she credits her determination to the health benefits she has gained, as well as the inspiration of Mack Newton and the support of her husband Peter.

Bev was diagnosed with breast cancer in late 1999. After a mastectomy, she developed a condition known as lymphedema which created swelling of her arm. She began consuming mass quantities of her "comfort foods" and the Tamoxifen she took to prevent a reoccurrence contributed to her weight gain.

Her weight ballooned to 265 and, she says, "I realized if I was going to live, I not only had to survive breast cancer, I had to get the rest of me healthy as well."

Now, says Bev, "I can do exercises I never dreamed I would be able to do. My energy levels are higher than they ever have been. My muscle tone is beyond my wildest dreams." She also notes other health and beauty benefits. Swelling from the lymphedema is a distant memory. "My skin is no longer dry and itchy. Friends and family say I look years younger. My bone density tests indicate I am healthier now than before my cancer. Many women my age are taking calcium supplements but my tests indicate 0% bone loss."

She has had no recurrence of the breast cancer in six years, and is now off all medication. "My oncologist is very excited about the weight loss. She says that studies show people who are obese and lose weight are not as susceptible to recurrence of cancer."



Bev in 2002



Bev in 2003

Bev
in
2006



She recently had a small setback in her program when she broke her collarbone in a bike-riding accident. But her determination to succeed has kept her going. "It's just what Mack says it is — it's about health, not weight loss."

Health issues can slow weight loss, says Mack, especially side effects from medication. "But with all the things her body had to fight, she has done extremely well. She's lost 103 pounds. She simply will not quit. She amazes me every day."

Her husband Peter DeFalco continues to attend workouts with her. He is now within a few pounds of his target weight. Weight loss has been slower for me, says Bev, "but I am committed because of my health. Mack has taught me how to focus on the positive. And I'm so used to eating on the 3-2 that I don't even think things like "I wish I could have a pizza today."

She plans to lose more weight until she at her target. Her body fat is still too high, she says. It has dropped from nearly 52% to 34.3%, but still needs to be lower. "It has not come easy but I am by no means finished."

Mack Newton on *Being True to Yourself*

(Continued from page 1)

action match, when your words and behavior match, you will restore your self-liking and self-esteem.

Without integrity, without being true to yourself, you just drift like a boat down a river without a motor or an oar. *Where am I going?*, you ask yourself. *Why isn't anything working for me?*

Truly great men and women are always being described as having high levels of integrity. They live their lives consistent with their highest values, especially when no one is looking. That's the only time that really matters. Courtesy in Taekwon-Do is based on how you behave when no one is watching. For example, when you use a restroom, do you leave it the way you would like to find it, even when no one is aware of your behavior? This is courtesy, which contributes to your sense of integrity and self-esteem.

Mediocre men and women, on the other hand, are always looking for shortcuts, backing out of commitments, compromising their integrity, especially when no one is watching. This behavior clearly undermines their sense of self-esteem and self-worth. They're saying *my opinion about myself doesn't matter, only the opinions of others who may be watching me.*

Interestingly enough, though, integrity doesn't guarantee that we will make the best choice; it only asks that our effort to find the best choice to be real...to be authentic. Integrity asks that we stay connected with our knowledge and our experience and take responsibility for all our choices and their consequences and not attempt to escape into a mental fog.

There are people we know that we trust and people we know that we don't trust. The people we trust have words and actions that match...and the people we don't trust...don't. My Great-Grandma always said to me, "Mackie, what you're doing is making so much noise I can't hear a word you're saying." Always make your words and actions and your thoughts and behaviors match. That is being true to you.

-MN

Taekwon-Do Promotion Tests Scheduled for April 8

Long-term student and instructor **Nick Kapande**, 4th degree black belt, will be here as special guest, instructor and judge for this promotion test. It will mark the first time that Nick Kapande has set in on a promotion test as a guest judge with Master Mack Newton.



"I'm just thrilled that this class is rolling again," says Master **Mack Newton**, 7th degree black belt master instructor. "The effects are being felt in every other class and in every part of the program. Taekwon-Do gives you courage and commitment. The ripples that emanate from this class affect everything that I do and think about."

Andrew Tsakhanovsky, (seen at left in a green belt) is 14 years old, and began training with Master Newton because "I had never found anyone previously who could give me world-class training. One of my father's friends had trained with him and recommended him. Andrew previously trained in Kyukido and Taekwon-Do.



From Left to right: Joe Bond, Andrew Tsekanovsky, Mary Jo Lancaster, Mack Newton



Kent McClelland, in photo at left with a yellow belt, has been working out in Master Newton's conditioning class for over 9 years. (He was Student of the Month in our December 2004 newsletter). "I had always wanted to do Taekwon-Do, and when Master Newton began teaching again, I was able to re-arrange my schedule to join.

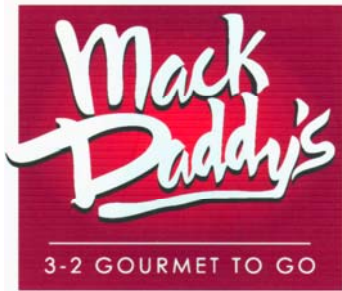
"One evening I watched a TV program on martial arts and saw a group of Americans who had gone to Korea to study with Korean Taekwon-Do instructors. They all commented how different it was from their class instruction in the States. I watched them go through their drills and thought 'this looks just like Master Newton's class.' So I think you get traditional Korean Taekwon-Do instruction here that you probably can't find in most studios in the United States."



"I wanted an opportunity to study the art from a true Master," says **Joe Bond**, who has a yellow belt with green stripe. "Someone who has devoted their life to the art, understands it thoroughly and has the communication skills to pass that on. So obviously Master Newton's class was the one I wanted to take."

"This is an opportunity to study with a Master teacher in the art, says **Herman Serignese** (In the photo above, he is second from the left). At 59 years old, he had always wanted to study Taekwon-Do. He was in the conditioning class for a year-and-a-half and decided to commit himself to Taekwon-Do training. A yellow belt, he says, "It's been a great experience. It's challenging physically and mentally to meet Master Newton's expectations of me."

Mary Jo Lancaster joined the Taekwon-Do class in November and is a white belt. Mary Jo was a Health Hero in our May 2005 issue and "has undergone an amazing transformation," says Master Newton. "I have always loved the martial arts, says Mary Jo, and he has such a passion for Taekwon-Do that I wanted to study with him. It was something I wanted to do my whole life but was not fit enough to do it until after I had taken his conditioning class. It's very challenging and I love it!"



The food will be the star at the new Mack Daddy's 3-2 Gourmet To Go, says Mack Newton. "We'll have a quality, fine dining experience to go with the best meats, the freshest fish, the crispest and juiciest vegetables and fruit—only the best, including the presentation and preparation.

Mack Daddy's will have a casual sophistication, with dark mahogany

walls showcasing memorabilia and photos. The entire menu and all orders will be packaged to go.

You'll have many choices for a delicious 3-2 experience. Staples will include Mack Daddy Ribs, fried chicken, and fried catfish. Full lunches and dinners will include Mack Olé chicken, Popeye Chicken, and Newton Shrimp and Veggies.

A unique feature of Mack Daddy's will be build-your-own meal. Choose from prime cuts of meat, including rib-eye steaks, filets, prime rib, pork ribs, tenderloin, and pork chops, or chicken, salmon, catfish and tuna steaks. Veggies can be prepared in many different ways.

"You name it, we can fix it," says Mack. "For example, you can decide you want a rib-eye steak and tell us to rub in some black pepper, cook it medium well, and add a double order of baked asparagus, and another side order of just the florets of broccoli, steamed and then flash-sautéed with some garlic. Maybe you'll also want a side of some sliced vine-ripened tomatoes with a little basil on it. You've just built your own meal. You can order on-line, building your meal on your computer, and then tell us exactly the time you want it ready for pick-up."

Special packaging will keep your meal hot for an hour and warm for two hours. "You will never have to reheat a meal that you order from Mack Daddy's," says Mack. "When you open it at home or at your desk, you will get the same type of presentation and fine dining experience that you would get at any sit-down restaurant."

Mack Daddy's is scheduled to open in July next to the Newton Fitness Center on Indian School Road.



Robert Kiyosaki on Mack Newton

Robert Kiyosaki, the bestselling author who was a health hero in our December issue of Powerline, had a few words to say about Mack Newton in his most recent book and CD package *Rich Dad's Teach to be Rich*.

"Mack Newton has a reputation that is both famous and infamous as a person who produces physical miracles and transformations."

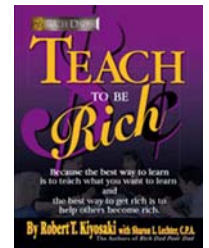
"Going to Mack gave me the personal discipline to take control of my diet and, ultimately, my health. The way he taught me discipline was through discipline. If I lost control and either ate or drank something off the Mack-Newton-plan, Mack would discipline me...and the discipline is tough, intense, and good for me. Discipline is going to a back room and doing ungodly amounts of additional exercise."

"My goal when I signed up for Mack Newton's class was to be in better physical health at age 60 than I was at age 50. So my goal was health, not just weight loss."

"Ilya Prigogine was awarded the Nobel Prize in 1977 in Chemistry for his *theory of dissipative structures*...stating, simply, that *stress is the way intelligence grows*. It takes stress and heat to turn a lump of coal into a diamond...and once you create a diamond, you do not go back to being a lump of coal. Mack's classes are very stressful—mentally, physically, emotionally, and spiritually. That is why his system works."

Kiyosaki is the bestselling author of books such as *Rich Dad, Poor Dad*.

Mack Newton did a recent interview which will appear on Robert Kiyosaki's premiere of *Rich Dad Network* on the internet.



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