

## Mack Newton on. . . **Rocks and Jars**

A teacher demonstrated an important point to his students by showing them a very large Mason jar. Into the jar he placed several fist-sized rocks until he fit as many rocks into the jar as he could squeeze. He held the jar up and asked the group, "Is this jar full?"

They said, "Yes, it's full."

Setting down the jar, he reached under his desk and pulled out a bag of gravel and he poured the gravel over the tops of the rocks until it slid down between the rocks, settled in the bottom and filled the spaces between the rocks all the way up to the top.

He held up the jar again and asked, "Now is it full?"

This was an astute group and they didn't fall for that again. They replied, "Nope, it's not full."

You're absolutely right, he agreed, as he pulled out a bag of sand. He poured sand over the mixture of gravel and rocks. Sand filtered in between the large rocks and gravel and settled to the bottom and filled in all the spaces to the rim of the jar.

He held up the jar again and asked, "Is it full now?"

Some were not sure, but the majority agreed that it probably wasn't.

He said, "You're right again" and reached down for a large pitcher of water. He poured water over the rocks, gravel and sand. The water, being relentless, soaked into the sand and filled all available space to the top.

Now it is truly full, he said. "What is the moral of the story?" Several hands went up. One student volunteered, "You can always get more, out of yourself or out of your work, even when you think you're finished."

That's the obvious truth, agreed the teacher. But the real moral of this story is that you better put in your big rocks first.

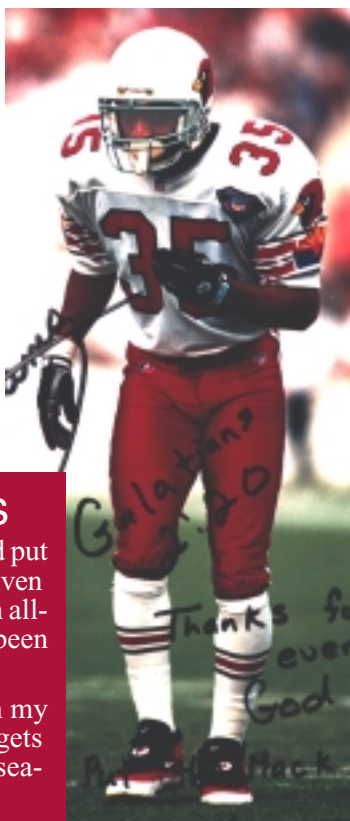
If you don't put your big rocks in first, you'll never get them in later. A jar filled with gravel and sand and water has no room for more.

So what are the big rocks that you're not taking care of? Are you spending your time taking care of the little things and not spending enough time on what's really important?

Is your family or health or work suffering because you attend to the trivial, day-to-day priorities but aren't attending to what really needs to be done?

Whatever your goals in any area of your life, **BE BOLD**. Get your big rocks in first.

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## **Power Hour is Back By Popular Demand**

After receiving stacks of letters and e-mails begging him for a return to the airwaves, Mack is starting an all-new Power Hour on radio. The weekly Wednesday show will begin August 29 from 2pm to 3pm on KFNX 1100 AM.

People are able to focus more on radio because they are listening without visual distractions, says Mack. Unlike television, you don't have to worry about the entertainment aspect of wardrobe and sets. People will be tuning in because they want to hear what we have to say.

Mack will concentrate on topic-oriented talks in the first few shows, with phone-in questions and e-mails and letters answered from listeners. If you would like your questions answered on the Power Hour, e-mail Mack at:

[ntkd@macknewton.com](mailto:ntkd@macknewton.com)

or write to the studio address on this newsletter.

Mack is in control of other important aspects of the show, such as advertising. Not only must advertisers be in tune with fitness and health (need we say there will be no bread companies?), there will also only be one advertiser of a given type of product or service, so they can be called on as experts and offer their opinions as guests on the show.

## **Words from Aeneas Williams**

Thanks for everything. God Bless. P.S. You should put the Mack Daddy shake on the market! is the advice given Mack on this signed photo from Aeneas Williams, an all-pro quarterback with the St. Louis Rams. He has been training with Mack for six years.

These workouts have had a tremendous effect on my career, says Aeneas. The key thing is that Mack gets me out of my comfort zone. His goal for the new season? Easy—winning the Super Bowl.

# Her Secret to Success

You might have to look twice, but you are looking at the same woman in these before and after photos of Deb Capaldi, the owner of Pucci Salon in Scottsdale.

Deb has lost 60 pounds since her workouts began in early January of this year and plans to lose another 20 pounds.

A friend advised Deb that she should try Mack's studio if she was serious about losing weight. Mack changed my thoughts, says Deb. I wasn't on a diet, I was on an eating plan. I was getting healthy, working out, getting my physical strength and the weight loss just came with it.

Mack just takes hold of you and cares about you, continues Deb. He's on top of everything. It's amazing how he does it there could be 20 people in the class and he knows every single thing that's going on every minute with every person. He's so focused on all of us that you don't need a personal trainer, because Mack knows you.

Weight loss has been far from the only benefit for Deb. Not only do I have a healthier attitude towards my employees, I have a better attitude about life in general. I'm a happier person. I feel like I could climb the highest hill. I feel confident, healthy, and I've got energy that won't stop. And more it cured her insomnia that was a result of work stress.

People come up to me and say 'How do you do that?' All my life I've been saying that to other people and now I'm the one who did it!



## IN THE WORKS

The new fall line of Mack-wear is about to make its debut. New Newton fitness T-shirts and sweatshirts will be available at the studio.

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Baseball pro Michael Tucker trained again with Mack this year. His workouts with Mack began four years ago when he was with the Kansas City Royals and then continued in the Cincinnati Reds. Tucker was recently traded to the Cubs so he's back with me again, exclaims an excited Mack. He's a tremendously good guy.

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Mack Newton will be speaking to 100 staff members of the Latch school for disabled students on August 21.

## Powerline Goes Digital

Future issues of the Powerline will be sent by e-mail. If you wish to continue receiving this newsletter, you must go to the website at [www.macknewton.com](http://www.macknewton.com) and sign up with your e-mail address.

If you have no access to e-mail but still wish to continue receiving it, please contact the office at 602-957-6492.

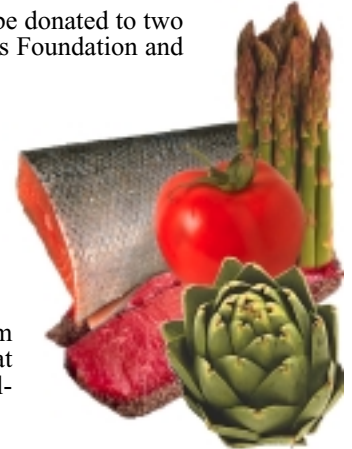
## 3-2 Recipe Book in the Works

Recipes in Mack's newest book will include Mack Newton originals, celebrity favorites, and a sampling from those who have improved their health with the 3-2 eating plan. Personal profiles and success stories of these individuals will be featured along with guidelines for healthy living.

Profits from the sale of the book will be donated to two of Mack's favorite charities, the Arthritis Foundation and the Cystic Fibrosis Foundation.

Mack's partner in this long-awaited project will be Monica L. Goebel, a student in his conditioning class. Monica is also an employment law attorney and partner in the international law firm of Steptoe & Johnson LLP.

You can request a form to submit your recipes and success stories from Monica at e-mail: [mgoebel@steptoe.com](mailto:mgoebel@steptoe.com) or call her at 602-257-5218 or fax her at 602-452-0931. Forms will also be available at Mack Newton's studio.



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

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