

Mack Newton on... PERSISTENCE

Persistence—whether you call it determination, perseverance, sticking to it, grit or gumption—is the main ingredient to success.

How many times have you quit on yourself? How many things in your life are you no longer doing for no other reason than you simply quit?

When I started out in Taekwon-Do, I was one of thousands of beginners, all wanting to earn their belts and master the martial arts discipline. In 1994, after earning my seventh degree black belt, I was ranked 16th internationally. I don't think I am any smarter than anyone else, or more talented than anyone else—I simply refused to quit, no matter what happened. The more difficult it gets, the more resolve I have. I will never quit under pressure. However, most of my competitors simply dropped out at one point or another.

People often see persistence as optional rather than as standard equipment. Some learn to quit early and often, usually learning this behavior from their parents. For those of us who have resolved to never quit, this is good news. This means that if we resolve to never, ever quit, if we just keep sticking it out, pretty soon the competition will disappear as more and more people quit along the way.

There are myriad excuses and reasons and justifications for quitting. We can justify anything we do. Even a criminal will have reasons for committing a crime. We can usually "reason" with ourselves

and create justifications for nearly anything we do, including quitting.

You particularly shouldn't quit when things are difficult. When you quit under stress, you are giving up on yourself. Quitting while you're ahead is ridiculous. Quitting when you're behind is even sillier.

Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race.

—Calvin Coolidge

from it, it's only a matter of time before you learn what you need to know to continue towards your goal. What do you get when you quit? Nothing to interview, no lesson to learn. You conquer failure when you simply refuse to quit.

In sports and in life, no matter how determined you are, you will occasionally get beaten by a competitor. If an opponent is talented and skilled *and* they have decided to never quit, you better bring your lunch! These people will be difficult to beat, and you will have to bring your A game to come out on top. Getting beat can happen if someone is more skilled than you, but getting beaten is not the same thing as losing. Losing is quitting—simply giving up.

If you know you were honestly beaten, the few times you don't come out on top you'll still learn what you need to do next time to win. And you can continue on your path of persistence.

I believe that people never really fail, they just quit. Success is determined by your ability to conquer failure. Failures are just lessons or instructions on the path to your goal. If you interview a failure and learn

MACK NEWTON & RACHELL HALL SPEAK AT ARIZONA WOMAN SYMPOSIUM



"Get Fit and Lose Weight While Living the Lavish Lifestyle" was the topic for Mack Newton and Rachell Hall at the Arizona Woman Symposium on August 12.

Mack's topic was "I will never quit." Rachell discussed her own experience in losing weight and why the more you eat, the more you lose. "I also talked about how you get to eat gourmet food, entertain in or dine out while still enjoying the health benefits of the 3-2 lifestyle." Rachell is a lifestyle and food author, has developed the Protein Gourmet spice blends, and the recipes for the 3-2 Cookbook.

Over 600 people attended the conference, and many purchased books, tapes, spice blend gift baskets, and relished the delicious 3-2 samples that Rachell prepared.

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DELICIOUS 3-2 EATING NOW AT OREGANO'S

How is this for delicious?



Chicken Coccolone

But not too slow! We mix our delicious chicken with hand-made tomato sauce complete with roma tomatoes, basil, jalapenos, crushed red pepper, fresh rosemary and Bella Tossary options, served over a bunch of shredded Basilini spaghetti. **\$12.95**

The Big Beefste Salad

Boody didn't even pound this much beef! We start with a whopping 3/4 lb. of shaved ribeye beef. Umm add fresh roma tomatoes, jalapenos and sliced red onions all sautéed in a hot pepper oil with a hint of our Cha Cha powder. Served over a bed of spinach and topped with caramelized onions. Yo, Adrian, 'dis salad's the champ! Let's get ready to rumble! **\$10.95**

The Spring Stripton

Call in the Spring boats! We start with 4 of the SKEINEST shrimp in the Sea of Cortez! Then we add fresh cilantro, sliced jalapeno, roma tomatoes, lemon juice all sautéed in a hot pepper oil with a little of our Cha Cha powder. Served over a bed of spinach and topped with caramelized onions. You'll feel better than the Gorton's fisherman after this Big Mack attack. Ahoy! **\$16.95**

Oregano's Restaurant at 3622 N. Scottsdale Road has just introduced a 3-2 option to their regular menu. Owner Mark Russell has worked out with Mack for over a year and is on the 3-2 eating plan.

"I believe in it and I have seen great results," says Mark, who has lost 25 pounds. "I chose this menu for the restaurant because I wanted people to be able to eat out on the 3-2 plan. It gets difficult explaining to restaurants exactly how you want your food prepared, including no salt and no sugar, so this makes it easy."

The 3-2 Menu at Oregano's has received official Mack Newton approval.



Dottie Jacobs assists Rachell Hall at a presentation in A.J.s gourmet market. Rachell has also done presentations and signings of the 3-2 Cookbook and Protein Gourmet spice blends at Papa Joe's gourmet markets in Birmingham, Michigan.

MACK NEWTON ON.... PERSISTENCE

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Simply resolve to never give up. It will change your life like nothing else will. Persistence is to the character of men and women as carbon is to steel. Steel contains less than one percent of carbon, yet this is what gives it both hardness and flexibility.

There are several ways you can increase your persistence quotient:

1 Never give quitting any mental space. No matter what happens, decide in advance *No matter what happens, I am going to hold on. I am never going to quit.*

2 Take one more step. And then another. The longer you persist at anything, the more convinced you will become that nothing can stop you.

3 Affirm your commitment to yourself. Use affirmations often. *I can do it. I like myself. I am strong. I can do it.*

4 Adopt Winston Churchill's four-word mantra: *I will never quit. I will never quit. I will never quit.*

DON'T QUIT!

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but do not quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out—
The silver tint of the clouds of doubt
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

— Anonymous



Dress
the
NewFit
way

The NewFit Boutique is packed with clothing for workouts or street wear.

comfortable
durable

attractive
active

TED PURDY PGA TOUR UPDATE



Ted Purdy earned his second runner-up finish of the season at the B.C. Open in New York, narrowly missing the win by one shot

Ted's brother, Jim Purdy, is bursting with pride. "I've had goose bumps watching Ted's golf career blossom this year. He's always been one of the best wherever he played, from juniors, high school and college, to the Hooters, Hogan, Nike, Asian, European, Japan and Nationwide tours."

Jim says Ted's "House of Discipline" workouts have added intensity and confidence to his masterpiece of a swing.

"Wow!!! Now he's contending almost every week! If he focuses that roaring competitive fire in his belly any more, he'll absolutely be contending for majors soon. Can't wait to see him at his first major ever, the PGA Championship in August. Go T, go, go, go!!!!!"

Ted Purdy is 36th on the PGA money list with winnings of \$1.3 million. Follow Ted on the PGA Tour at www.purds.com.

SONS OF NBA STAR TRAIN AT NEWTON FITNESS

Ralph and Robert Sampson, sons of former NBA star Ralph Sampson, recently traveled from Atlanta to train with Mack Newton for a month. Both are planning to play basketball, says their mother Aleize Sampson. Ralph and Robert were accompanied to Phoenix by their mother and her brother, Alan Dial, formerly Ralph Sampson's agent.

Ralph is 6'9" at age fourteen. "Ralph has been recruited by private as well as public schools here in Atlanta," says Aleize. "He will play varsity next year as a 9th grader. Last year his team won the Metro League basketball championship in which their record was 25-2. And, of course, he led his team."

Robert is entering the seventh grade and is also pursuing plans for a future basketball career. Both boys needed to gain some muscle weight, says Aleize, which is why she decided to send them to Mack. "When my ex-husband rehabbed his knee with Mack, he gained 50 pounds of muscle mass. Mack was the best choice for our sons also because he has very high standards. It's not just a matter of working out, we wanted them to be around good people, a great environment and someone who could speak positive things to their life. Mack does all of that and we think very highly of him."

Ralph and Robert have continued workouts by tape since arriving back in Atlanta and "haven't missed a day," says Aleize. "They are eating on the 3-2 plan and Ralph has gained 12 pounds, and Robert gained 10."

"Robert and Ralph's athletic potential is awesome," says Mack. "Even more important at this point in their lives, they are both very good kids because they come from a good home environment. Robert and Ralph are very bright and very eager. It is important that they attend high schools and universities that will encourage their intelligence as well as their athletic ability. Their future is unlimited."



ELIZABETH RUSSELL TREADS NEW PATHWAYS



The beginning



After 5 months

“When Liz Russell came to see me in May of 2003, she limped in on a cane,” says Mack Newton. “Some of her problems were apparent and others she told me about—meningitis that resulted in brain stem injury, the loss of 50% of her reflexes in hands, feet, and arms, severe vertigo, arthritis and bursitis, a hip replacement, and she was 100 pounds overweight. I told her how difficult rehabilitation would be and that she would not be able to use her cane in class. I didn’t think she would be back. In fact, I almost hoped she wouldn’t come back, because I thought it would be nearly impossible for her to do.”

Elizabeth did begin workouts with Mack, however, and she is still at Newton Fitness today. “When I look at her now, I am just overwhelmed,” says Mack. “Her strength and determination have been amazing. Her positive attitude and relentless pursuit of life have accomplished miracles.”

“When I got out of the hospital after my meningitis,” says Elizabeth, “the neurologist told me that, due to my brain stem injury and nerve damage, I would have to build new pathways in my brain to even be able to walk again. Mack has taken my life to a new dimension—not only have I built new pathways physically, but mentally as well. My whole life has changed. My whole outlook has changed.”

Elizabeth has lost over 90 pounds, shrinking from 230 pounds to 139. Her body fat dropped from 50% to less than 27%. She went from a dress size 24 to a 10, and even 10 is starting to get a little big, she says.

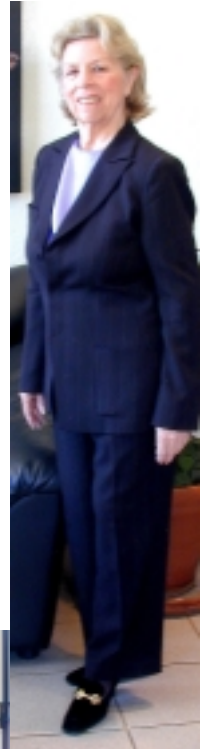
“The most success is my health,” she says. “Before I could only work 2-3 hours a day and then go home to bed. Now I work full days and travel all around the country. I have a social life again. I have huge amounts of energy. My blood pressure went from 176/110 to 125/77.”

Elizabeth says that in her work as a disability attorney “I have so much more compassion now because I’ve been there. It’s no fun being crippled.”

After living eleven years with her disabilities, Liz says “I feel like I’ve won the lottery. That’s my motivation to keep going to Mack’s studio and why I want to go for the rest of my life. My life has changed from a bleak canvas to one of enormous joy and optimism.” She plans to lose another 20 pounds and to continue her workouts. “I like being healthy. It’s FUN!”

Despite the nerve damage to her ear, she has recovered most of her balance. She even recently began running, doing a fast sprint called “suicides” in Mack’s class. “Mack has incredible intuition and knowledge about the human body,” says Liz. “I have never seen this level of expertise before and I’ve done physical therapy, had personal trainers, and been to numerous doctors who could not help me. Mack has given me back my life.”

Mack insists that “it is not what I have done for her, it’s about what she has been able to do. She has done everything I have asked her to do, no matter how difficult. She is amazing in her persistence and attitude.”



Elizabeth today



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

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