NEWTON FITNESS POWERLINE

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Laughter is a form of internal jogging....It is an igniter of great expectations.
—Norman Cousins

You can't depend on your eyes when your imagination is out of focus.
—Mark Twain

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Mack Newton on ..... *Laughter and Imagination*

Imagination and humor are two of the most important elements of human development. The healthiest and happiest people possess both these traits in abundance.

Dr. Norman Cousins in his book *Anatomy of an Illness* describes how laughter helped him recover from ankylosing spondylitis, a painful and crippling collagen disease that attacks the connective tissues of the body. He began with the premise that if negative emotions were detrimental to your health, then positive emotions should improve health. Confined to bed and barely able to move, he watched old Marx Brothers movies and had nurses read him funny stories. He found that just ten minutes of solid belly laughter brought relief and he was able to sleep without pain. Eventually he completely overcame the disease.

When I returned from Vietnam, I was a very, very serious person, almost fatalistic. I couldn't even laugh at any of the jokes my instructor made. I eventually realized that Taekwon-Do practice is part of a total approach to life and a way to deal with many different issues. A punch or a kick may not solve my problem, but laughter can.

Laughter has become such a powerful medicine to me that I've had surgeries with only local anesthetics. I've had wisdom teeth pulled with no anesthetics whatsoever.

Laughter *is* the best medicine. Medical studies show that laughter boosts endorphins, the body's natural painkillers, and suppresses levels of epinephrine, the stress hormone. "Laughter is an antidote to apprehension and panic," says Dr. Cousins. Laughter is the body's own natural pain reliever and tranquilizer —without side effects. Laughter has even been shown to increase disease-fighting proteins as well as the T-cells which strengthen the immune system.

It's too bad more people don't take advantage of this natural healer, because when you are happy and you are feeling good about yourself, you touch everybody around you with your presence. Sometimes when I see somebody in pain, I make a joke because I know if I can get them to laugh at me or themselves, it will help their pain.

I have taught children for over 35 years and I can tell you something about kids. No matter what their problem or issue, they will laugh at anything without shame. They intuitively know how to have a hearty belly laugh. Sometimes they laugh so hard they roll on the floor. Children seem to come into this world with an insatiable thirst for joy and fun and laughter. As grownups, we often forget our ability to laugh uproariously and spontaneously.

To laugh is a choice, even in dire circumstances. Let's say you're broke and just smashed up your car and you're going through a messy divorce and your roof leaks.

One person will be miserable and stay miserable. Another person will be miserable for a few days and then decide it's time to lighten up and find something to laugh about. The second person will be unhappy for a much shorter period of time, as well as being less likely to suffer the negative effects of stress on his body. The famed psychiatrist Victor Frankl said laughter saved his sanity amid the horrors of a World War II Nazi concentration camp. Each day he and a fellow prisoner would invent and tell each other an amusing anecdote. There are enough serious and difficult things in the world that we don't

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Mack Newton presents a check to Red Cross officers Amy Baldwin and Ellyn Clifton.

Newton Fitness Raises Over $11,000 for Red Cross

More than $11,000.00 was contributed by members of Newton Fitness to the Red Cross for tsunami relief aid. "I was watching CNN the day after the tsunami struck," says Mack Newton, "and I was absolutely shocked at the devastation and horror. These people needed things that we take totally for granted: fresh water, clothing, blankets, shelter from the rain, sanitation facilities. Children were orphaned. Most shocking was when I saw a front loader scoop up a bunch of human bodies and dump them in a mass grave.

"A lot of people in the studio responded generously and we were able to raise this money in just a 2 day period. If it were needed again these people would respond the same."

Health Hero of the Month : *Nicole Dickson*

Nicole at 123 pounds

Mack Newton's inspiration has been "life altering," says Nicole Dickson. She began workouts at Newton Fitness in January 2004 after hearing about Mack from Rachell Hall and then perusing Mack's website.

Nicole started out at 159 pounds and 39% body fat and has dropped to a lean 123 pounds and 22% body fat.

"I had been yo-yo dieting since college, and my weight was up and down all the time, says Nicole. "I started because I wanted to lose weight, but that's only part of what happened to me. I found out there is so much more to it than that. I'll soon be 47 and I feel like I'm 20 years old! I have tons of energy and a really positive outlook on life. I didn't expect to fall in love with being healthy and that's what happened.

"Life is so good right now," she continues. "I wake up every morning feeling great. I was a consultant when I started with Mack, and now I've got my dream job at Mayo Clinic as an Event Specialist and I get to spend my days with people I love being with."

Nicole also discovered many new friends at Newton Fitness. "The people I work out with are exceptional, and they are very supportive, positive and provide a really great environment to be in. This is the place to be when you're trying to make life changes.

"Mack Newton changed my life," says Nicole. "He makes me toe the line and that's what I needed. He is very inspirational about life, not just about weight or your health. He's my trainer and my psychiatrist."

Mack Newton says: "I've watched Nicole make the most predictable and consistent progress since I've been in this business. There were very few blips along the way. She wanted it, she did it, she let nothing get in her way. She helps the class be better and inspires other people."

Night Train : The session that meets every Monday, Tuesday, Thursday evening at 6pm and Saturday at 9am at Newton Fitness. It takes the Newton Fitness philosophy of hard work, commitment, desire, and sacrifice to a level never heretofore experienced on planet Earth!

CRYING, WHINING, SNIVELING, IS SIMPLY NOT TOLERATED!!

"The Night Train is like an exclusive club," says Mack Newton. "But you can't join – you have to earn your way in." Night Train members come from classes that work out evenings and Saturday morning. "The night class is the one people are afraid of," says Mack. "The night class is really a tough workout."

Night Train membership requires certifications. "You don't earn certificates just by attending," says Mack. "You have to attend and your performance must be at such a level that I decree you are certified for that class." After ten night train certifications, you can receive the T-shirt shown at left and are an official Night Train member. After you get the T-shirt you have the opportunity to earn patches. For every ten certifications, you receive a patch, which will be put on the back of the T-shirt. After you've earned five patches you will get a letter jacket designed by Jeff Hamilton, exclusively for the Night Train collection.

The Night Train Club was born when Kent McClellan suggested the night class needed something of their own to answer the daytime class challenge of "show up and be somebody." Mack seized on the idea and "before we walked out of class we hammered out all the rules for the Night Train.

"It isn't easy to become a Night Train member. We started this last April and only six or seven have been certified in the club so far. Several of those people are acquiring patches. Nobody has yet reached the level needed to receive the Jeff Hamilton letter jacket."

Recipe of the Month : Zesty Ginger Thighs

Pam Peacock developed this month's recipe to create a unique flavor in an easy-to-make chicken dish. Pam has been working out at Newton Fitness for 2 years and loves healthy and delicious 3-2 eating. "This recipe is great with almost any fresh protein," says Pam. "Shrimp is yummy too!"

12 chicken thighs
2 tsp olive oil
8 cloves garlic, chopped
6 TB grated ginger
½ tsp toasted sesame oil
2 TB orange juice
2 TB lemon juice
1 tsp orange peel zest
½ tsp pepper

Roast the chicken thighs in the oven at 400 degrees for 45 to 60 minutes, depending on how crispy you want it. Remove from pan and place on paper towel.

In sauté pan, heat olive oil on medium heat. Add garlic and lightly sauté, then add ginger. Add all remaining ingredients and a little water if more liquid is needed. Add chicken thighs and coat for about 5 minutes and serve!

Mack Newton on *Laughter and Imagination*

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need to look for them. We need to look for the things that make us laugh. A tremendous aid to your sense of humor is imagination. We're not going to feel better by imagining dire circumstances and disastrous results, we're going to get better when we laugh.

If you want to double or triple your existing knowledge, boost your sense of humor, and acquire a more creative approach to your life, you need to develop your imagination.

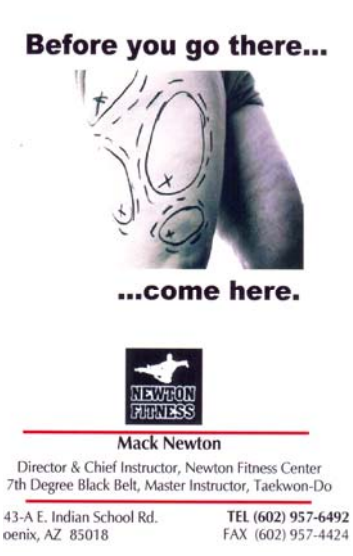
Imagination is essential to development and learning. Einstein's ability to imagine helped him to become a giant among other intellectuals. Imagination is also important for a good memory. Every time you create a picture in your mind, you stimulate your ability to learn and remember.

You can stimulate your imagination in many ways. Use visualization to imagine anything you want – whether it's to travel to another land, a new body, a business goal, a new relationship. As we've discussed before, the more complete and frequent your mental image, the more likely you are to achieve it. Everything starts as a dream and an image in the mind, from Einstein to the Wright Brothers.

You can also stimulate your imagination by writing in a journal, listening to a good story, or reading a children's book.

Your imagination and your sense of humor go hand-in-hand. Humor is not in the situation — it's in the eye of the beholder. "From there to here, from here to there, funny things are everywhere," points out Dr. Seuss, whose imagination has kept kids in stitches for generations. Look for laughter in your life. Dare to imagine.

—MN



A Provocative Ad

The new Newton Fitness ad campaign is challenging and edgy, delivered with a dose of humor. "This is what people expect from me," says Mack Newton. "Everyone knows Mack is going to get right in your face with the changes you need. The point of these ads is that mentality has to change along with the body. If you are looking for a shortcut you are stupid."

Mack notes that "the response to these ads has been great. Each ad uses a provocative picture that elicits different responses from different people. This new one gets every response from disgust to agreement to puzzlement. The point of this one is that if you are going to get liposuction, then you haven't changed the mentality that created that situation in the first place – the mentality of a person who is unhealthy or fat. These have been very effective ads and I'm very pleased with the results."

Listen to more about Laughter and Imagination on Day 29 of Mack Newton's *43 Days on a Path to Power*, available at Newton Fitness and at macknewton.com

Student of the Month : *Ingrid Sutton*

"I have been a runner all my life, but I wasn't getting the same results from running that I used to," says Ingrid Sutton, a 41-year-old child and family therapist. While training for a marathon, she discovered that her body was no longer recovering as quickly after a long run. "I was tired a lot and feeling depleted and just not getting my energy back." A friend recommended Mack Newton. "She told me it was right up my alley and I would love it." She began workouts at Newton Fitness in April of last year and marvels at the results.

"Running has been eclipsed by what I do at Newton Fitness," says Ingrid. "I still run two or three days a week but now my preference is to work out at Mack's. Working out at the studio is about so much more than just the exercise. I love going there and I'm inspired by the people there. Every single person in that room inspires me to be stronger and take on more challenges and to be healthy and positive. I get so much more out of the experience than just the exercise. It's physical but it's mental as well. It's transforming."

Ingrid realized after reading the last newsletter (*Falling in Love with the Work* in the December issue) that she had a lesson to learn. "So much of what we do with Mack is about your head – how you think about yourself and your workout. I can be somebody who gets very caught up in the outcome and you can really get discouraged when the outcome is the only thing that drives you."

Ingrid discovered a need to change her eating habits as well. She had been a vegetarian for 22 years, a decision she originally made during college as a means to control her weight, but admits that her eating habits were far from healthy. After running 6 miles in the morning, she would drink only coffee during the day and eat one meal at night, usually "whatever was convenient and fast. I was ravenous at that point."

Mack wasn't concerned about her weight at 127 pounds, but her body fat was disproportionate at 24%. Ingrid began eating lean meat and salads.

"My husband notices the changes and he's amazed at how much I eat now. I was so controlled about what I ate before that I was starving my body. I can't believe how much fuel I was depriving myself of. My weight is roughly the same but my body fat has gone down to 18%."

Ingrid with her daughter Sarah

"Three words define Ingrid," says Mack Newton. "She's persistent, very determined, and one of the nicest people I've ever taught. She has a ready smile and there are times when she just makes my day with that smile. She never complains, she's very goal oriented and works hard. She encourages other people to do well. And she has a great sense of humor!"

A Gallery of Memories from the *Christmas party 2004*

Hosted by John and Diane Lang

Clockwise from upper left: Natalie Vandeventer with her son and daughter; David and Lori Larcher with Mack Newton; Nikki Wooldridge; Tim and Kristy Moore with John Maus; Craig and Colleen (C.C.) Esslinger with Mack Newton; Bev and Peter DeFalco with Mary Jo Lancaster; Diane (D.C.) Draeger with Mack Newton; Sandy and Herm Serignese. Center: Mack Newton and Santa

NEWTON FITNESS

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