

Mack Newton on... **PROSPERITY**

Prosperity and freedom go hand in hand. I equate prosperity with achievement rather than success. Success is being happy with what you've got and achievement is the process of getting what makes you happy, by growing, learning, and doing.

Many people believe that prosperity will not come to them no matter what they do. The fact is that your conscious thoughts and subconscious mind are always creating the realities of your life, including how much money you have. Your prosperity or lack of it is a direct result of your thinking. Desire and your belief system have everything to do with obtaining what you want. Your mind is going to make you and keep you poor or rich, depending on how you train it.

Let's look at a person we will call "Fred." He believes he will always struggle to pay his bills. Fred only applies for low-paying jobs because they are within his comfort zone. Fred knows he can do the job, and it will supply just enough income to keep him barely paying his bills. Fred only mixes with people in his own economic bracket, because these people confirm his ideas that life is tough and we always struggle in this world. Fred *expects* to be short of cash, and that will be his usual state of affairs, again confirming his idea that life is a struggle. If Fred happens to get some spare cash, he will immediately go out and spend it. Fred thinks he is limited by his education, or his family, his job, background, age, or available time. Fred would like to be prosperous but he states that he doesn't want to work himself into the ground.

Hard work is important, but it isn't the answer for Fred — many people who toil 12 to 14 hours a day are poor, while some who work 4 to 8 hours a day are prosperous. What we're talking about is the difference between learned hopelessness and learned optimism.

Many people associate poverty with spirituality. Poverty doesn't make you a better person—it just creates stress. Do you believe God thinks you're a greedy pig because you are prosperous, or do you believe God is pleased with you for doing something with all the talent He gave you? Spiritual texts suggest we give to the poor and help out those less fortunate, but it doesn't require you to join them in poverty.

To achieve prosperity, you must first change your mindset. The attitude of achievement requires three stages: 1) Dissatisfaction with your current state of affairs. 2) A vision or desire for something that will bring you greater satisfaction. 3) You must feel that you have the ability and talent to make your desire a reality.

Prosperity also requires a *decision* to make a desire your reality. Decisions require action because we mostly get from life what we put into it. You gotta put in before you get out. —MN

Take the Prosperity Quiz on page 4.....

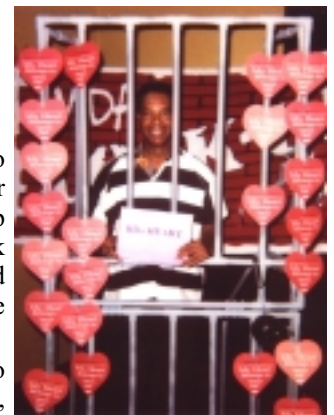
MACK NEWTON JAILED FOR MDA

"I went behind bars for good!"



That was the motto for volunteers who were "arrested" to benefit the Muscular Dystrophy Foundation. The MDA Lockup was held recently at Barmouche and Mack Newton was the top money-raising jailbird for the event. Donations of \$6,575 were raised to spring Mack from his cell.

Mack gave prizes of appreciation to those who donated to MDA, including hats, t-shirts and quartz watches.



PROSPERITY POINTS

Here are some ways to improve your financial situation:

- Decide to be prosperous and commit yourself to putting in the effort that will be required.
- Save first. Pay yourself first with a savings deposit and spend what's left. Poor people do the exact opposite and never get ahead.
- Observe wealthy people and learn from them. What is the difference between you and them? Study what makes these people tick, particularly their attitudes.
- Ask for some help. You will be surprised how much people will be willing to help you when they see you are responsible and helping yourself.
- Always carry some money. You will feel more prosperous, you will be used to having it, and you will learn to trust yourself with it.
- Spoil yourself occasionally. Buy yourself a present once in a while as a reward for your hard efforts. Enjoying the money you have gives you incentive to earn more.
- Make plans and set goals.
- Continually stretch your belief as to what is possible for you to achieve. Read books such as *The D Factor* and other books on personal success and growth.
- Constantly re-affirm to yourself that you deserve to be prosperous. Use an affirmation to impress it upon your subconscious mind.
- Assume full responsibility for your future. Stop blaming your parents, your education, the economy, your job, or the government for how lousy you are doing.

—MN

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MACK NEWTON CO-HOSTS "YOUR LIFE A-Z" ON CHANNEL 3

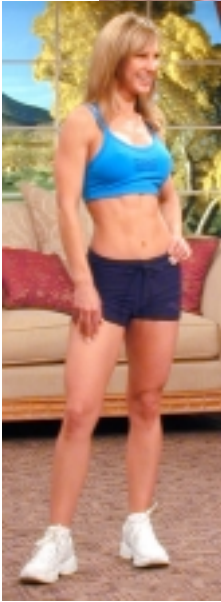
FASHION SHOW WOWS AUDIENCE



Mack and Heidi with model Melinda wearing Miami V microfiber bootpants and cami-top with a built-in shelf bra.



From left: professional models Marlene and Melinda, Newton Fitness clients Mary Ann, Deanne, "the Mick", and "Taj"



Mack Newton recently co-hosted Channel 3's "Your Life from A-Z" with Heidi Fogelsohn. It was a morning of fitness, motivation, stretching, health, and delicious 3-2 eating.

NewFit apparel was modeled, demonstrating not only its fashion appeal, but durability and strength as well. "These are clothes that work for women and men," says Mack. Clothing shown included sports bras, shorts that don't roll up, yoga pants with V-neck tops, cami tops and jackets, tie pants that ride low on the hips, and Mack's personal favorite, the "Dazzle" ensemble.

Heidi wore NewFit apparel which she declared to be "extremely comfortable." Mack also modeled some men's clothes.



Alison "Double-A" Arnold, Kerry McKay and "Bevzilla" Rubenstein demonstrate stretching techniques





Deanne wears sarong pants with a racer-back tank top

TED PURDY SWINGS ON PGA TOUR RUNNER-UP AT MCI HERITAGE CLASSIC

Ted Purdy is doing “absolutely fabulous” in the PGA Tour, says Mack Newton. Ted is now in the top 30 money list of the entire PGA after winning \$900,000 so far this year. He was the runner-up in the recent MCI Heritage Classic, narrowly losing to Stewart Cink in the fifth hole of a sudden-death playoff.

Ted has “got one of the sweetest swings on this planet,” raved sportswriter Greg Hansen of the Arizona Daily Star, while noting that Ted once even trounced Tiger Woods by 6 strokes in the UA annual tournament in Arizona. CBS analyst Lanny Wadkins asked after the MCI Classic: “Where has this guy been? He’s got a lot of game.”

Still proudly wearing the Newton Fitness logo on his sleeve, Ted says “I’ve been working out using Mack’s tape every morning before I play and I’m also sticking to the 3-2 eating plan. I’m playing a lot of consecutive weeks, and without Mack’s exercise program and eating plan, I wouldn’t be able to do this. I feel as fresh today as I did the first week of the tour.”

For more about Ted Purdy on the PGA Tour, visit <http://www.purds.com>.



Purdy at MCI Heritage Classic



Rachell Hall, “the Protein Gourmet” and Mack showed Heidi Fogleson how to make easy gourmet recipes for Bella Tuscany Lemon Chicken and delicious Slow-Roast Pork with fabulous Salsa Verde.

NEW FIT IS THE NAME!

Jill Kozinn proposed the NewFit name for the Newton Fitness boutique. “NewFit” refers to more than the boutique itself and the clothing, says Mack Newton. “NewFit is a philosophy, a way of being in the world, and it represents a certain quality of life — active, powerful, strong and durable. The name is a perfect fit.”

“Bev Rubenstein told me she lives in her NewFit apparel,” says Mack, “because they’re comfortable, they make her look good, and they wash up perfectly without losing color or durability. The quality of this apparel is unsurpassed, which is why we carry a 100% guarantee.”

All apparel will have the NewFit label sewn into it. A new advertising campaign is under way. Although NewFit is already open for business, a special Grand Opening event is scheduled for June. An exclusive private invitation mailing will invite people to enjoy catered food, live music, and see male and female models demonstrating the clothes. Drawings, prizes, and valet parking will be more special features of that evening.

For winning the new name contest, Jill received 20,000 mountain climber credits, a reserved parking space for 3 months, and a Newton Fitness quartz watch.



HEALTH HERO BOB HERTZOG

Bob Hertzog has lost 45 pounds in just three months at Newton Fitness. “The workouts are difficult but they get more enjoyable,” says Bob. “Just seeing the results makes me look forward to going to class every day. It’s not just seeing the loss on the scale, but my increased energy level and how I feel.”

The 35-year-old land broker weighed 256 pounds when he started on February 25 and has also seen a 10% drop in body fat, from 33% down to 23%. “Yesterday I bought my first pair of size 36 pants — for first time in 15 years,” he says.

Bob had seen Mack Newton on TV and then saw the results a friend had achieved at Newton Fitness. “The next week I was in class. I just feel so much better. I have a lot more energy, sleep better at night, and I’m not as grumpy with the kids. This is a great experience and has helped me in more ways than just health. I look forward to losing another 30 pounds.”

Support from his wife, parents and children have also helped him achieve his goals. “My folks and everyone in my family have always been into fitness, and I was the one who just didn’t do it,” he says. “My wife is ecstatic about the changes in me. She went also went on the 3-2 eating plan in addition to her own exercise program. She has lost 15 pounds and looks fantastic!”

Mack’s talks after class have also inspired Bob to make some positive changes in his life, particularly in his business. “Mack has been through a lot in his life and hearing how he has gotten through those struggles, you can apply it to your own life. You’re not just going there to work out. You learn how to make decisions and be a better person.”



MACK NEWTON ON.... PROSPERITY *Continued from page 1*

DO YOU SUFFER FROM PROSPERITY PREVENTION?

This quick quiz will help you realize if you have an attitude towards money that can create and sustain wealth. Imagine your reaction in the following situations:

- You have taken \$5,000 cash out of the bank to buy a used car for your son or daughter. You meet a friend for lunch, who notices that your wallet is stuffed with money. Would you feel embarrassed and explain why you are carrying so much money? *MN says: You need to be comfortable with money. If you are uncomfortable or feel a need to explain why you have the money, you will unconsciously look for a way to get rid of it.*
- You meet someone at a party that matter-of-factly states that money is easy to make. How do you feel about that person? *MN says: In order to be prosperous, you need to feel good about other people having money. If you resent wealthy people and assume they had to step all over other people to get where they are, you will resist acquiring money yourself because you think it will make you a less-than-honorable person.*
- While you are out shopping with a friend, you discover that you have left all your money and credit cards at home. Your friend has sufficient cash to loan you. Do you feel comfortable asking them for a temporary loan or would you go back home and get your own money? *MN says: It's important for your own prosperity to feel you are worth being helped out and to feel you deserve help.*
- You put your hand in your pocket and discover you've just lost \$500. Do you beat yourself up over it or do you say “Oh, well, somebody else probably needs it more than I do.” *MN says: The more attached you are to money, the more difficult it will be for you to take the risks necessary to accumulate it.*



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

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