

Mack Newton on. . . .

CHANGE

We often fear change because we think we will be worse off as a result. Yet change is inevitable. You can ensure that change will always be for the better if you control the direction of the change rather than simply letting it act upon you.

Here are several ways you can control change so that at some point afterwards you will be able to say "this is the one of greatest things that ever happened to me."

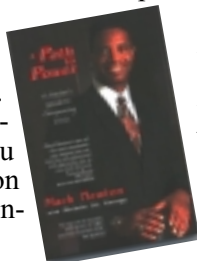
1 Set goals so you control the direction of change. Take charge of change when it is forced upon you rather than be victimized.

2 Maintain a mindset that is ready for change, accepting its inevitability. This will prevent you from falling into the abyss of denial.

3 Don't blame anyone or anything for the change. You will never feel victimized by change if you are too busy taking action and setting goals to wonder why it's happening.

4 Live in the present and not in the past or future. People who live in the past are angry or cynical and fail to control future changes. People living in the future are anxious, nervous, and worried. They feel too much a victim of change to be able to control it. Ask yourself, what's the most important thing for me to do *now*? Then do it. It will give you a firm hand on present changes.

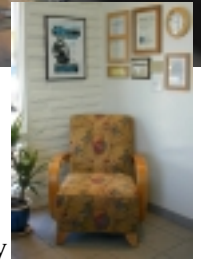
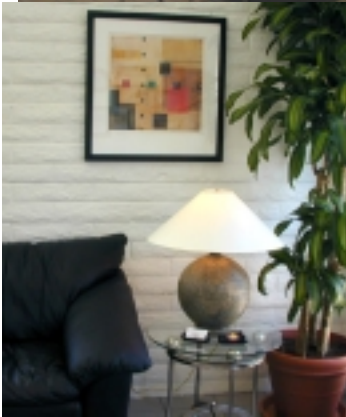
5 Institute change when things are going well. Some people say "If it's not broke don't fix it." I say you don't have to be sick to get better. Don't wait till things are going badly. Make changes when you are at the top of your game. It puts you in a powerful position.



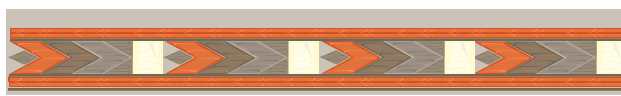
*Learn how to control the change in your life in **The Path to Power: A Master's Guide to Conquering Crisis** by Mack Newton with Michele St. George*

Speaking of Changes.....

Major remodeling of Newton Fitness continues. Here's a sample of the studio's new look.



Still in the works are a room for manicures, pedicures and facials, a dry sauna, and expansion of the women's locker room.



I N T H E W O R K S

Myo-flex Therapy At Newton Fitness



Myo-flex therapy is the specialty of Kimberley Coleman, a massage therapist for 12 years, who is now working at Newton Fitness. "Myo-flex is different from regular massage," says Kimberly. "If you work out too hard or an old dormant injury is activated, it shrinks or shortens the muscle. What I do is find these trigger points and reflex points and start smoothing and stretching the muscle back out. I've worked with mostly athletes and so I've learned how to work with blown-out knees and shoulders. People often come to me in pain. I customize a therapy because everybody's different." You can set up an appointment with Kimberly through the main office at Newton Fitness.

In addition to all the changes at the studio, Mack is a busy motivational speaker these days. On June 11th he spoke again to HOPY, Hugh O'Brian's Youth Organization, and on June 16th he gave a speech to two groups: the personnel at KPFX radio station and also the Arizona Department of Juvenile Corrections.

He continues with a speech to the High Achievers in Seattle on August 24 and to the Arizona State Parks Association in Prescott on Sept 13th.

Meanwhile Mack continues to tape shows for COX9 cable, appear on radio, teach Taekwon-do, conditioning classes and athletes, do phone consultations, organize *I Will Fight Back* and the return of the Get Healthy program, the remodeling of the studio, and plan meals for restaurants. Has he managed to clone himself?

He's Changing His Future

Scott Ashford remembers clearly when his pickup collided head-on with the bus that pulled in front of him in September 1997. "My lower leg was bent into an L. I could actually feel the ankle pinned against the lower part of my knee, and my kneecap was shattered" says Scott. He credits Dr. Cozens with saving his leg from amputation despite the muscle and nerve damage. Six months in a wheelchair was followed by three months on crutches, then over a year with a cane, his foot still dragging despite the physical rehab.



When he came to Newton Fitness six months ago, Mack asked him about his goals. Scott declared he expected to be running when he left the class. Today you cannot detect a limp or any sign of disability whatsoever, and he's learning to run. "I was determined to get to this point but I secretly doubted that I would be able to," says Scott. "My family was also a little skeptical that I would ever walk normally again."

His motivation for all the hard work? "I've got a one-year-old and one on the way. I want to teach them baseball or how to ride a bicycle."

Another side effect of his intense workouts with Mack was shedding weight. He arrived at Mack's studio at 243 pounds. "Now I'm 201 and still dropping."

"We have no control over our misfortunes," says Scott, but we do have control as to how we allow them to affect our lives.

I knew my life was going to change the moment I joined the class.

Nothing endures but change
—Heraclitus

POWER HOURS

COX TV Channel 9
8 PM Wednesday
Repeats Sat 12 Noon

Wednesday mornings
KMVP 860 AM
10 to 11 am
with Kevin Ray

Check It Out!



The following programs are new, expanding or returning. Take advantage of all the changes at Newton Fitness and sign up! Call 957-6492

Taekwon-do, which is now taught Mon-Wed-Fri from 4pm—5:30pm will add a Saturday class soon for ages 12 and up.

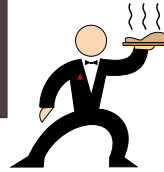
The return of **Get Healthy** headed by Angie Nazario

Another **I Will Fight Back** session will be scheduled in mid-July

Trial conditioning classes take place by appointment. Mack Newton will help you assess your physical condition and you can decide if all the hype is true!

Dine in Style on the 3-2

Keegan's Grill on Camelback in Phoenix and in Ahwatukee now have Mack Newton-approved 3-2 meals on their menu.



Coming soon:
Wrigley Mansion
McDuffy's in Tempe
Fish Market on Camelback
Doubletree La Posada in PV



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

Bulk Rate
 U.S. Postage Paid
 Phoenix Arizona
 Permit No. 4673

3243-A E. Indian School Rd.
Phoenix AZ 85018
Tel: (602) 957-6492