

Mack Newton on *The Joy of Eating*

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out of every meal*

*Never eat while
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*Take a moment
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you dig in*

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Oh boy... I can just hear you readers screaming now:

What?!! Mack Newton's writing about the "Joy of Eating!" You must be kidding me! Isn't this the same guy who's always dissing bread, salt, sugar and almost anything else that tastes good? Isn't he the one who was trying to get caffeine re-classified as a prescription drug? And now he's writing an article about the joy of eating..... you must be joking!

Ok, I probably deserve some of that, but you guys have to admit that my heart has always been in the right place. I've always been interested in helping people become as healthy as possible, for as long as possible.

One of the main reasons I work out so hard and so consistently is that it allows me to eat almost anything I want and almost as much of it as I want. Why? Because I love to eat! I love food! I love everything

about food....I love the way it looks...I love the way it smells.

..and I really love the way it tastes. I've always felt that food was one of the three great gifts from God to all of us to stimulate our senses, the other two being music and dance. Yes, you heard me right.

To me, food is much more than just nutrition for the body, it's nutrition for your mind and your soul.

I reward myself with food all the time. If I've been a good boy and taught my classes as I should and I've done a good job all week, maybe my reward is dinner at my favorite Chinese restaurant. Sometimes the visual image of a juicy rib eye steak coming off the grill and being served with some fabulous baked asparagus, lightly sprayed with olive oil and just a hint of fresh, cracked black pepper over the top, with a few grape tomatoes ringing the plate, is enough to

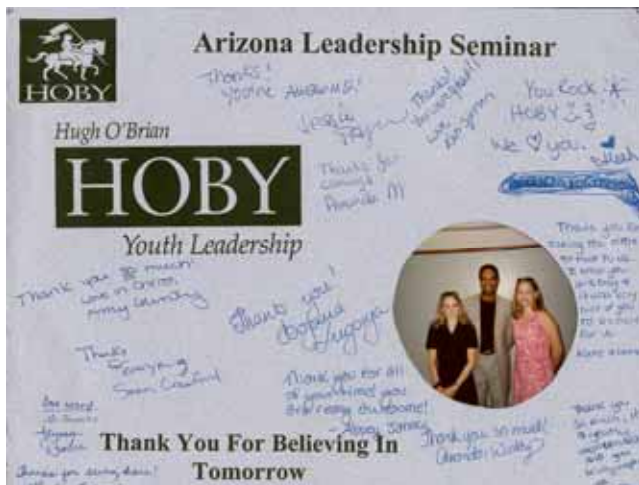
get me through a tough workout.

Hmmm,...that does sound pretty good, doesn't it? See what I mean? You could picture it, couldn't you? Almost smell it, right? Is your mouth watering yet? If it is, it's time to eat!

All that talk about calories, fat grams, glycemic indexes, carbohydrates, blah, blah, blah, . sterilizes food to a point where we feel we're just eating to stay alive. There's a lot more to it than that... there's got to be! There's got to be some joy.

This is not an argument against eating right, I'm just saying that there's room for both... to enjoy fabulous food, plenty of it and stay healthy at the same time. This is where your knowledge of food and what's in it comes into play. After you've done your due diligence and educated yourself, it's time to get down to some

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Mack receives expressions of appreciation from sophomores attending HOBY

Mack Newton Speaks to HOBY

Mack Newton will be speaking to the Hugh O'Brian Youth Group (HOBY) in June for the seventh year. HOBY is a leadership development program for teens in high school.

"HOBY provides leadership development training programs in which we put high school sophomores together with leaders in various professions and have them interact and ask the tough questions about their opportunities," says Ron Gillet, District Director. "We want to give these tenth graders the opportunity to achieve at their highest potential. We want young people to become positive catalysts for change."

Every year invitations are sent to over 20,000 public and pri-

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Mack Newton Power Hour Back on the Air



1100 AM
KFNX
Every Thursday
4 to 5 pm

The Mack Newton Power Hour is back on the air! Tune in Thursdays from 4 to 5 pm on KFNX radio 1100 AM.

"I've been thinking about coming back on radio for awhile now," says Mack. "The number one reason is that people often come up to me on the street or during a game and tell me how much they miss the Power Hour and what they got out of it, or how it helped them through a crisis. There is just really a need for this show. Plus it forces me to write more, and it stimulates my creative juices. Whenever I'm doing a radio or TV show, I find out that my business does better as well and I'm more creative and inspired in my classes."

Mack notes that the station really wanted the show and thought it would be good for their ratings. Drive time is considered prime time for radio. Commercials will be kept to a minimum and all advertisers will be pre-approved by Mack.

"I'm very excited about doing the Power Hour again," says Mack. "I want to provide a show with information and inspiration that people can apply to their daily lives. The Power Hour actually does make a difference."

One of the people who can attest to the difference the Power Hour can make is John Cannon, who originally hosted Mack's Power Hour on his own radio show, then co-hosted the program with him when it appeared on Cox Cable.

"Mack has had a profound influence on my life, in more ways than I can count," says John. "When we started the Power Hour in the fall of 1998 I knew about 15 minutes into our first show we were on to something. In the weeks that followed the Power Hour became my favorite hour of the week. I honestly remember feeling that the other 19 hours of radio I did every week were a waste of everybody's time!"

"On top of the good feeling I got from the listener feedback on the show, Mack's impact on my life was pretty dramatic. I had never met anyone like him, which is obvious because there isn't anyone else like him. I was learning so much, and yet it seemed like the knowledge had been inside me all the time. It felt very natural."

John credits the attitudes about money that he learned from Mack with helping him to make far more in his new business of real estate finance "than I had ever thought of in broadcasting."

"Mack has given me a belt full of tools to use in my life, and I've needed every one. I'm thrilled that he's back on the radio, and hope to be a regular part of the program."

Hear the Power Hour streamed live on your computer at www.macknewton.com & 1100KFNX.com

Programs already aired will be archived so you can listen to them a second time or catch the ones you've missed.

An expanded website is live this month!

Check out the new features including "Mack Newton on..." talks added daily, an expanded store with clothing, workout gear, books, CDs, videos and more!

Recipe of the Month : Beef Tenderloin (deliciously fabulous!)



Natalie has experimented with different cooking times and different meats for a variety of ways to slow cook to perfection.

Natalie Vandeventer has come up with a new method of slow cooking that is delicious, easy and simplicity itself. "I thought of it when looking at one of the recipes in Mack's 3-2 cookbook," says Natalie.

She prepares her meat in an electric oven with a temperature gauge. You may need to make adjustments for a gas oven.

Beef tenderloin (5 – 7 pounds)
• Brush with olive oil.
• Cover liberally with Bella Tuscany spice**
• Put on baking rack in a cold oven and turn oven on to 500°.
• When it reaches 500, let it cook for about five minutes and turn oven off. **DO NOT OPEN OVEN.**

In two hours, the tenderloin will be perfectly cooked to medium rare. If you leave it in the oven all day it will cook medium to medium well.

Prime Rib variation: Same preparation, then cook for 10-15 minutes at 500°. Turn oven off and leave in for one hour. Serve when oven reaches 350 degrees.

**Bella Tuscany is a special 3-2 spice blend available at NewFit Boutique, at www.macknewton.com and www.proteingourmet.com. Other flavors include Love at First Bite, Southwest Sunset, Ancient Sultan's Secret and Cha Cha Chipotle Pepper.

Mack Newton on *The Joy of Eating*

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serious eating.

When I see people eating in their cars, eating while they walk around on the go, all I can do is shake my head in amazement. These people don't know how much joy they're missing out on by

eating that way, or they just don't care.

My advice is simple... make a ceremony out of every meal, even a simple meal. Never eat standing up. Never eat while driving or otherwise occupied. Take the time to sit down and make a

ceremony of the meal and feel the joy. After the meal is served, take a moment to experience it visually and savor the aroma before you dig in. Don't rush yourself while eating... slow down so you can taste the delicate flavor of rosemary or the incredible taste of chopped basil over sliced vine-ripened tomatoes with just a ribbon of balsamic vinegar over the top. Are you ready to eat yet? When you do that, you're feeling the joy of eating.

Food and eating should never have any guilt attached to it. You should always feel good after a good meal. If you feel guilty after eating, maybe you're eating for the wrong reasons: It could be that you're eating to punish yourself for what you saw as inappropriate behavior in another part of your life. Maybe you were binge eating. Whatever. So, in those cases it's not the food you need to change, but your attitude towards food needs to change. Food is never the bad guy. . food is our friend.

All this talk about food is making me hungry and it's just about time for me to eat. When I sat down to write this piece, I promised myself that if I finished it in one sitting, I could reward myself with a special meal tonight.

I went to AJ's on Sunday and picked up three center-cut pork chops. I'm going to saute those in apple cider for about three minutes per side, remove and set aside while I reduce the apple cider to a sauce. Then place the chops in the pan again for another two minutes a side until done. I call these the *Mack-Daddy Apple Chops*. I serve them with the fabulous baked asparagus I mentioned earlier. I have a special apple sauce I make with real baked apples run through a potato ricer. Sound good? It sounds good to me.

Well, I'd love to hang around with you guys, but my mouth is watering, I'm hungry and I'm ready to eat. Like I said . . . feel the joy... the joy of eating. . . and that's what I'm talking 'bout! I'm out.

—MN



“I can't believe you printed that!”

“That is so right on!”

Those are just a few of the comments received about the new ad campaign. The ads are challenging, provocative, and almost stark in their appearance. One bold statement is accompanied by a visual illustration and the rest is left to the imagination. Many new inquiries about joining Newton Fitness have resulted from the ongoing ads.

NEWTON FITNESS
Mack Newton
Director & Chief Instructor, Newton Fitness Center
7th Degree Black Belt, Master Instructor, Taijovon-Do
3243 A.E. Indian School Rd., Phoenix, AZ 85018 TEL: (602) 957-4492 FAX: (602) 957-4424

Mack Newton talks to HOBY for Seventh Year

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vate high schools throughout the nation to select a student to send to the HOBY program in their area. The only rule is that they should have leadership potential and be able to best benefit from the HOBY seminars and workshops.

The 47-year old program has spread worldwide, and has had over 335,000 students go through the program since 1958.

Business and community leaders as well as educators participate as volunteers in discussions and workshops with the sophomores.

"We have very interactive panel discussions during the weekend," says Ron, "but there are very few people that we invite to give speeches—Mack is one of them. At the end of our seminar on Sunday, Mack provides inspiration and motivation. His life story is inspirational, and gives us a great conclusion to the

weekend. He discusses what choices he has made in life, why he made those choices, who has influenced him, and what he believes to be important in order to make a difference. One person *can* make a difference but they've got to be able to make the right choices.

"Mack is part of our final day program because he sends our students—we call them ambassadors—out with a very inspirational message."

Food and eating should never have any guilt attached to it. You should always feel good after a good meal. If you feel guilty after eating, maybe you're eating for the wrong reasons.

“The Joy of Eating” by Mack Newton appeared in the *Camelback Corridor News*.

Health Hero of the Month : Mary Jo Lancaster



THEN

Last summer Mary Jo Lancaster met a girlfriend for lunch whom she hadn't seen in eight months. "She looked so good, I didn't recognize her!" says Mary Jo. Her friend told her she had been working out with Mack Newton. "I know who he is," exclaimed Mary Jo, "I've seen him on TV."

After a few months of working up her courage, Mary Jo joined Newton Fitness in early October of 2004. At 244 pounds, she struggled with health problems, including high blood pressure and recovery from knee and shoulder surgery.

"My strongest motivation in wanting to work out with Mack was to get healthy," says Mary Jo. "I couldn't even stand at the sink and do dishes without my back hurting,

and I would get out of breath just walking around the block with the dog. I just couldn't stand being unfit anymore."

In seven months, Mary Jo has lost 83 pounds and her body fat went from almost 50% to 27.2%. Her blood pressure has also dropped and her doctor took her off all medication.

Mary Jo has gained a few things, including a new nickname. Mack started calling her Popeye after she told him her coworkers keep asking her why she eats so much spinach. She also gained the dazzling new outfit shown at the right after Mack gifted her with clothing and shoes from the NewFit Boutique after she lost 80 pounds.

Energy is another plus. "It's just changed my way of looking at things," says Mary Jo. "Now I love doing physical things, like hiking in the Phoenix Mountain Preserve. I just want to be out every weekend doing something. In September we are doing a trip down Havasu Canyon and I want to hike down into the Grand Canyon. Before there was no way I could do these things."

"Mary Jo doesn't even walk anymore, she just bounces around," says Mack. "She has made a total commitment to this program and trusts my opinions and decisions even though she didn't always understand them."

"Mack just creates the inspiration to accomplish these things," says Mary Jo. "When the flesh is weak, the spirit keeps on coming because he firmly believes you can do it. All the people in the class are so inspirational because some of them have gone through horrible things and yet they are doing so great. Just being in the class really energizes me."

Mary Jo's new goal is 120 pounds. "I haven't been 120 since I was nineteen," laughs Mary Jo. "But Mack is very motivational and he is determined to get me there."



NOW



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