

## Mack Newton on... IS LIFE FAIR?

Do you think life is fair? I can remember two instances in my life when I believed life had treated me very unjustly.

When I was sent home from Vietnam after being injured, I spent more than a year just sitting in a wheelchair or laying in bed. I watched the world go by through the windows of the Chicago VA Hospital. My lifelong dream had been to be a martial artist. Shortly before my hips and knees were shattered in a helicopter accident, I was so inspired by Jung Tae Park, the Taekwon-do master that I had met in Vietnam, that I had decided to relinquish my second-degree black belt in karate and begin anew with Taekwon-do.

Jung Tae Park had awed me with his strength, accuracy, dexterity, speed and focus, but even more so with his inner strength, confidence and friendliness. That was the sort of person I wanted to be, but it all seemed impossible now. I wasn't even sure I would walk again, and certainly would never practice Taekwon-do. I felt that life had dealt me a cruel blow. I gave up my dreams.

Soon I was visited by an instructor named Sang Ki Eun. He encouraged me to leave the hospital and do something other than just wasting away. "I can't walk," I told him. "I've been shot." I didn't even want to talk to him if he couldn't sympathize with my predicament.

Martial artists have no sympathy for whiners. He returned a final time and said to me, "Why don't you get up and out of here? Jung Tae Park said you were special. You don't seem special at all."

That infuriated me, but he made me want to move, if only to prove him wrong. So I hobbled out of the hospital on crutches and began living at the YMCA. I practiced walking and finally got up the nerve to visit Sang Ki Eun's studio. He accepted me for training, and succinctly informed me, "no excuses."

The second time I was convinced that the world was being unfair to me was after my rehabilitation, when I finally faced my promotion test for second degree black belt in Taekwon-do. All my forms were perfect. I

did everything I was asked to do and had the answer for any question the instructors asked. I didn't break boards—I demolished them. I was completely confident that I had passed the test. In fact, I was so good that I thought I might even get a double promotion to 3rd degree black belt. I was that confident—arrogant actually.

These words were written by James Allen over 100 years ago in *As a Man Thinketh*:

*A person may rise to high success in the world, and even to lofty altitudes in the spiritual realm, and again descend into weakness and wretchedness by allowing arrogant, selfish, and corrupt thoughts to take possession of the m.*

*Victories attained by right thought can only be maintained by watchfulness. Many give way when success is assured, and rapidly fall back into failure.*

When the promotions were posted, my name was not even on the list as passed or failed. I was sure there had been an oversight, and went to my instructor's office to inquire. He offered no explanation, just asked me why I was at the studio.

"To study Taekwon-do," I replied.

"Then go study it," he barked.

I went from confusion to anger to depression. Three more promotion tests came and went, and my name was not even on the list to test. I came close to quitting, even checking with another studio to see if I could transfer. But I continued to train, and nine months later, I saw I was scheduled to test again. I became obsessed with perfection. I trained so hard, I didn't believe it was possible for me to be passed over again. When I was called to the table before the test, the instructors asked me to take off my belt, then handed me a black belt with two bars.

I had actually been promoted nine months ago, but my final test was to see if I would continue training even if I didn't get what I thought I deserved. It took nine months to finish my test. Was that fair? Of course it was fair—it was a test. Everything is a test. All that matters is whether you pass.

The failure rate in the martial arts is very high. My instructors wanted to see if I had the determination to make it as both an artist and an instructor.

It became one of the most valuable lessons I ever learned. My training began to progress in the mental arena. The world had not responded to my kicks and punches, it responded to my thoughts and intention and determination.

The world doesn't always give you precise instructions on how to find your way. Life is not just or unjust, it is simply waiting to see what you will do with what you have been given. We have to continue to learn lessons, even when we don't understand the lesson. Particularly on the days when nothing goes right, the world is likely teaching you something you need to learn.

Most people who think life is unfair give up just when their goal is in sight. What if I had given up Taekwon-do eight months after the promotion test? My life would have taken an entirely different turn, and not a good one. Once you start down the road of excuses and quitting, it is very hard to get back on the path.

**IN THIS ISSUE**

Mack Newton on Channel 3  
 ⚡⚡⚡⚡⚡  
 Elizabeth Russell  
 ⚡⚡⚡⚡⚡  
 Makeba Allen

# OVERCOMING THE ODDS



Elizabeth Russell contracted pneumococcal (bacterial) meningitis eleven years ago and was given a death sentence. As she lay in a coma, the doctor “told my children that if I didn’t die, I would be a vegetable and they would have to take care of me 24/7.”

She did regain consciousness but the meningitis had created extensive damage, including brain stem

injury, severe vertigo due to destroyed nerve endings in her ear, and the loss of 50% of her reflexes in hands, feet, and arms. She remained bedridden for nearly a year, but gradually began to stand upright and walk again, although with great difficulty. “The vertigo was so bad it precluded almost all activities,” she says, “and so I became very sedentary.”

Despite her extraordinary will to live, health problems continued to loom. Because of her enforced inactivity, her size-six body gradually gained 100 pounds. Arthritis resulted from injuries sustained in an auto accident. She had bursitis, developed four fractures in her pelvis, torn rotator cuffs in both shoulders, and then had to have a hip replacement

She avoided depression by continuing to work as many hours as possible in her law office. “I was working as an attorney and that for me was the saving thing,” she says. Liz had a hospital bed moved into her office, talked to her clients, and worked an hour or two a day at the beginning. Her secretary took her to court in a wheelchair.

Now 68 years old, she had overcome long odds, but still was unable to regain any level of physical fitness. “I had tried every method I could to get healthy, including professional trainers, treadmills, recumbent bikes and I couldn’t make it work. Everything made me kind of sick.”

Her daughter, Stephanie Lake, had been working out with Mack Newton and told her mother “this is *exactly* what you need.” Liz hobbled into Newton Fitness on a cane to begin workouts on May 9, 2003. “Mack has introduced me to a whole new way of life,” says Liz. She began stretching and workouts using the back of a chair for balance, but “Mack told me I couldn’t use a cane in the studio. I just toughed it out and forced myself to not use it anywhere. Within 2 months I noticed a huge, huge difference. I realized this is *exactly* what I need.”

After five months, she has lost over 50 pounds. She notes that she lost 9 pounds by just following the 3-2 Eating Plan for three weeks before workouts, and has lost 43 pounds since. “Now I can do about 45 minutes

of stretching and he has me do other exercise suited to my condition. I’m still recovering. I’m not 100% rehabilitated yet. Yet everything is different. I’m a completely different person in just 5 months. I had truly lost hope that I would ever get better.”



*Mack Newton has introduced me to a whole new way of life*

Although she had previously considered going permanently into a wheelchair, she is now walking easily. Her vertigo has subsided to about 10% of what it originally was, creating a vast improvement in her balance.

“I want to lose another 50 pounds,” she says. “I am going to stick with it until I am completely well and back to my normal weight.” Anyone who has witnessed her extraordinary determination knows she will achieve just that.

“Mack is a miracle worker,” says Liz. “I don’t know how he does it but I think he is prescient. He knows when I walk into the room (as well as all the other individuals that day) what we can do and can’t do that day. He knows just how far to push.

“His approach is as much mental as it is physical,” she continues. “He is always working on your attitude. He told me ‘I don’t care what you can’t do, I care what you *can* do.’ I’ve always been a positive person, but he has really reinforced that. Mack gets your mind and body working in tandem. He is what you always hope a teacher will be.”

*You are a unique soul and the world will be a better place if you express your talent and desires and dreams. Don't live your life with your music locked inside you. Every day is a clean slate. The past has vanished over the horizon and you have the opportunity to begin anew with more intelligence, hope, energy and desire.*

—Mack Newton  
The D Factor



## MACK NEWTON DISCUSSES COSMETIC SURGERY

What is the difference between these two photos? Mack Newton recently decided to discuss publicly why he had minor cosmetic surgery, and the reasons why he occasionally recommends it to his clients.

“Most people don’t even know I have had this surgery because I look exactly the same,” says Mack. When the editor of this newsletter looked at Mack next to a six-year-old photo, she immediately noticed that he looked younger now. The secret? Mack asked Dr. Jeffrey J. Ptak, an aesthetic surgeon, to remove the bags under his eyes.

“People would sometimes ask me ‘Are you tired? Are you getting enough sleep?’ even though nothing could be further from the truth,” says Mack. “I’ve always got tons of energy. But they were just seeing the bags under my eyes without actually seeing the bags.

“Here’s my attitude towards cosmetic surgery: Anything I can do that will freshen my appearance without changing it, that will make my face look like my body feels, I’m fine with it. But I am not going to make any drastic changes to my appearance. I want to age naturally and am not going to try to look like I’m 25 or 30.

“I don’t agree with the attitude most Americans have about aging. They think it’s over when you turn 50.”

Mack notes that exercise and weight loss can dramatically change your facial appearance. However, some aspects of the face and body

have no response to fat-burning exercise, such as fat deposits under the eye, which are largely genetic. “Over the years, gravity affected those fat deposits and as the skin weakened under the eyes, the bags began to get deeper and deeper.”

Mack emphasizes that changes in your appearance should take place from the inside out. Thinking you can change yourself or your life by changing by changing your appearance isn’t going to work. He never recommends dangerous or potentially lethal surgeries like gastric bypass, or the constant altering of your appearance, as do some celebrities like Michael Jackson. Another ill-advised reason for surgery is trying to please someone else, such as a spouse or partner. Good reasons for seeking cosmetic surgery include:

*I want to do it for myself.*

*I feel young, I exercise, but I don’t look the way I feel.*

*I feel great, but when I look in the mirror, I look tired or angry.*

“I’ve had a lot of clients that lose weight after being very overweight for a long time,” says Mack. “Sometimes the skin sags and it won’t always tighten up no matter how much you exercise. I’ve recommended Dr. Ptak to others because you have to find someone you can trust, is reputable, and is willing to work with you on what you want.

“I’ve known Dr. Ptak for years, and he is not only good, he is the best.”

Mack’s surgery was filmed by Channel 15 for their morning *Sonoran Living* show. Dr. Ptak and Mack will appear together on the show in November to discuss the surgery.

## MACK JOINS HEIDI FOGLESONG ON CHANNEL 3



Mack Newton recently was a guest co-host with Heidi Foglesong on her Channel 3 television show, *Your Life A-Z*.

Heidi, who works out with Mack, told him that he has turned her life around. “You are tough from the first day of this class,” she said, “but my behind thanks you.”

Working with individuals who are trying to get the best out of themselves, some despite major obstacles, is more inspiring than training athletes, said Mack. “The class is a metaphor,” he said. “I want to help people find out who they are and what they are capable of. When you put students under pressure, you can find out more about them in 5 minutes than in 5 years of conversations.”

The wide-ranging discussions with guests on the show included everything from chemical peels to movie reviews. Mack also discussed the 3-2 Eating Plan, (and cooked!) Heidi demonstrated mountain climbers and Mack showed her how to break a board. Even though she was unable to complete the break in two tries, there’s always the next time!



# FROM FATIGUE TO ENERGY PLUS



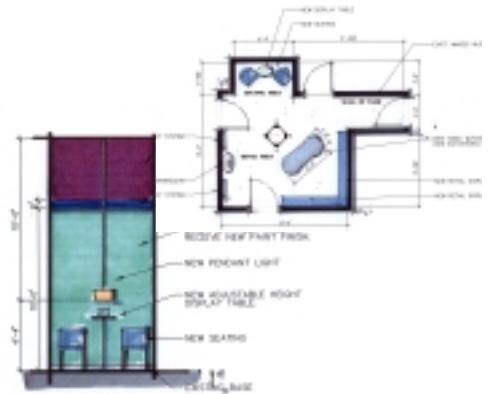
Makeba Allen, a 31-year-old ASU student, has lost 65 pounds since beginning her workouts at Newton Fitness in April 2003. "I wanted to improve my body," she says. "I knew Mack would push me further than I would push myself."

She also faced a barrier in that she has lupus, an auto-immune disease that attacks the central nervous system. It had created a temporary paralysis from the waist down that lasted for almost two months. She heard about Mack Newton from her aunt, who passed along the 3-2 Eating Plan. Then Makeba saw Mack talk on Channel 3. "When I had improved to the point where I could walk with a limp, I started to work out with Mack," she says, "because I wanted to build up the strength in my legs."

Changes happened in about three months. "Now I am able to walk faster and get to places faster," she says. "I have more energy. I don't just come home and crash like I used to. I

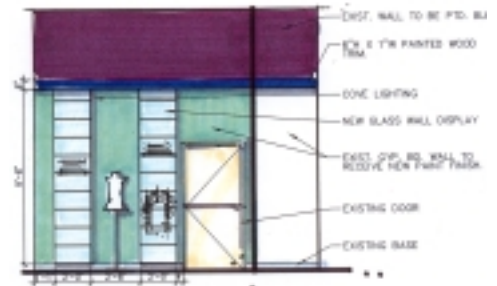
can function for longer periods of time than I could before. With lupus there is extreme fatigue and that has eased."

Makeba remarks that she has also developed greater confidence in herself as a result of the workouts and Mack's talks. "I didn't push myself hard before because I didn't think I could do it. I would just hit a wall when I exercised and I stopped. Now I keep going because I know I can get over that wall and I just continue even if I am tired."



## *More changes under way at Newton Fitness studio.*

An interior decorator has designed a new lounge for the area outside the studio. Soft track lighting will replace the current fluorescents. The recessed alcove will feature a drop lamp and sitting area. Wall color will change from basic white to layered shades of color. Frosted glass shelves and hangers will grace a display wall that will demonstrate the exciting and varied line of new workout gear coming soon.



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

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