

You don't have to live in Arizona

To discover what Mack Newton can do for you



From Argentina to the Ukraine...from Denver to Virginia, Taekwon-Do black belts are working out with an 8th degree black belt Senior Master (find out how on page 3)

Fishing in Alaska and staying in shape with Mack Newton

How does he do it?

(see page 2)



"A huge leap in technology"

MICHELLE STUHL loves working out with the conditioning class in Mack Newton's gym. And she's really excited about the fact that she can do it while residing in the Catskills in upstate New York.

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Video blogging around the world

MORE THAN 90,000 Power Hour listeners worldwide now see a new dimension to Mack Newton's power tips.

WHAT GETS you farther in life: attitude or talent? Watch Mack Newton demonstrate the difference in his latest video blog at macknewton.com and on YouTube at youtube.com/macknewton



LAUREN LAPRADE took on a challenge for body and spirit that reaped amazing changes in a matter of months. And her family took the journey along with her.

LAUREN'S FATHER Larry arrived at Mack Newton's studio in August of 2010. He had frequent pain and weakness in his legs from 23 knee operations. "I needed to get in really good shape," he says. "But I had no idea what I was getting involved in."

"**AT LARRY'S FIRST INTERVIEW,** he told me he hadn't run in 20 years," says Mack Newton.

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Read about one family's transformational journey

at Newton Fitness





JÉRÔME BOSMAN OF FRANCE tried an online workout when he heard Blair Singer recommend Mack Newton.

"I was pleased by the radiant energy coming out of Mack

in his introductory video," says Bosman. "Not only does Mack know what movements and technique to give at the right pace, on top of this he gives the right intention about owning our lives. He knows what he is talking about."

Bosman says the online workouts have helped him achieve his fitness goals. "I use the stretching part almost every morning as part of my Personal Success Ritual to clean stagnating emotions."



RYAN HODGES OF ALASKA worked out in Mack's studio last year, and has continued his workouts online since relocating to Anchorage. Hodges says the online workouts provide the same inspiration he used to get in Mack's studio.

"You get the motivation factor and he reminds you to think positively and to believe that you can do it and believe in yourself no matter how hard it gets."

Hodges says he started out at level 1 because he was out of shape since moving. By the second month of workouts, "I definitely feel improvement." He has now progressed to 1.3c workouts. His wife, a teacher, also joins him in working out.



Working out around the world

MACK NEWTON'S online classes are a full body workout uniquely suited to you and your needs, from out-of-shape beginner to professional athlete.

AS THESE workout devotees from around the globe have discovered, a tight schedule is no excuse for neglecting fitness.

TRY THE online workouts at macknewton.com or sample a free 7-minute workout on the website and at youtube.com/macknewton.

CHRIS CABRERA OF GOODYEAR was motivated to join Newton Fitness after a physical in 2008. "At 37 years old, I was about 50 pounds overweight. The doctor said the test results showed that I was heading for a heart attack or diabetes. I knew I needed to do something."

Chris lost most of that weight in six months and astounded his doctor by acing his next physical, with all test results now in the normal range. "I changed my diet and exercise and it was just that simple," he says.

But then heavy time demands from his job prevented him from continuing the in-studio workouts and he began to backslide. When online workouts appeared on the website, Chris jumped at the chance to begin again. "Now I can work out at my pace and my time," he says.

There's also a big savings cost-wise if you work out at home, he says. "But you can't put a dollar figure on your health. If you're going to work out at home, you have to be sure you have the determination to stick with it."

"I'm back 'on the wagon' and it's worked for me. I come home and plug in my laptop to my 60-inch TV and I can get my workout done in 50 minutes easy. I've even worked out at midnight."



"A huge leap in technology"

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THE ŪMI SYSTEM HAS MADE THIS POSSIBLE, says Michelle Stuhl. "The technology is a huge leap and it's exciting to be able to do it with him."

What is ūmi?

WITH A CISCO ŪMI TELEPRESENCE, you can be in two places at the same time — in the comfort of your own home anywhere in the world and live and in-person with family, friends....and Mack Newton.

Through your HDTV and the 60-inch HDTV installed at Newton Fitness, you can participate live in a conditioning class, feel the energy of the group, and receive personal feedback from Mack Newton as he observes your workout. You can even pan the room to follow the action or zoom in for detail.

AT NEWTON TAEKWON-DO, you can participate in a class with Master Newton, an 8th degree black belt Senior Master or you can schedule a class one-on-one or with friends to get feedback on technique and to further your Taekwon-Do training. "I have Taekwon-Do black belts from around the world right now who found me through a tournament or online," says Master Newton.

Contact Newton Fitness or Newton Taekwon-Do by phone at (602) 957-6492 or email at seven@macknewton.com for more details and scheduling.

Thank you from Lisa and Food for the Hungry

Thanks in part to donations from Mack Newton and Newton Fitness clients, Lisa Jones was able to make her eighth mission trip to Peru this summer to work with Food for the Hungry. The group is creating "safe spaces," such as community centers and play areas, for children in San Juan de Lurigancho.



WHY MICHELLE USES ŪMI... After a hip replacement 18 years ago, Michelle's orthopedic surgeon recommended Mack Newton for rehabilitation. "I had multiple hip surgeries as child and adolescent due to a congenital problem," she says. "My hip was frozen in 1992 and muscles were atrophied so the hip had to be replaced."

Rehabilitation has been so successful that she now can hike in Glacier National Park.

But Michelle divides her time between Arizona and New York, and found she lost ground when in New York. "It was hard to come back to the Catskills and miss the class. I've used his exercise tapes all these years but it's not the same as having the energy of the class or having Mack give you feedback."

"Mack and I have always talked about how to link the distance. We even tried connecting by picture phone at one time. When I heard about the ūmi it was very exciting."

The technology is transformational, she states. "It's a fantastic experience. I can see him and other members of the class. Every day is different, where the tape is repetitive. ūmi provides that sense of not knowing and it changes up all the time. It's completely different level of participation and I feel the difference. The results are also significantly better."

What you need to ūmi

- Existing HDTV with HDMI input
- ūmi system (camera, console, remote)
- Broadband connection
- ūmi service plan

Visit home.cisco.com for more details.

Lauren LaPrade and family

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Larry gained strength in his legs during the workouts, lost over 20 pounds and lowered his body fat. "I'm just getting in incredible shape," he says. "I'm 61 and I've never experienced anything like this before. I never have any pain anymore. All that debilitation and lack of muscle strength have just gone away. I sleep like a baby."

Recently Larry ran again for the first time in 20 years in a fast, top-speed sprint called "suicides."

Shortly after Larry began workouts, his wife Kimberly joined him. "Larry was an inspiration and already seeing results and I thought it was something we could do together," she says. "Although it was a little intimidating."

Although not overweight, Kimberly found that increased physical conditioning dropped her from a size 8 dress to a 4 or 2. The most important benefit, she says, is "my overall health — my energy. It's the body, mind and spirit aspect that I really like about it."

When Lauren LaPrade saw how happy and healthy her parents were becoming, she decided to take the leap herself and has now been working out with Mack since November 2010.

"I wanted to get healthy," she says. "I wanted to change things up." The first thing she noticed was that her energy level increased immediately and she began to sleep better.

The pounds continued to melt away over the next year. She has lost 45 pounds and 14% of her body fat so far. She dropped from a size 16 to a 6. Mental and emotional changes were even more pronounced.

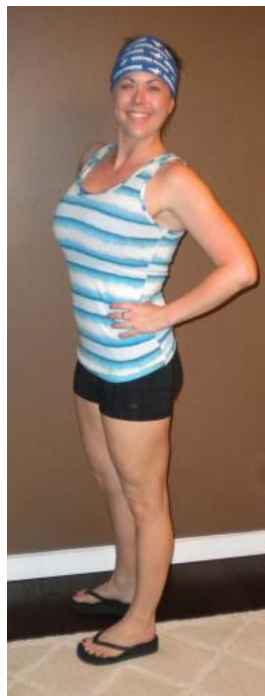
"The biggest difference Mack has made in my life is I am entirely a new person," Lauren says. "My confidence is beyond amazing and for once in my life I can look at myself and really feel happy with the way I look. Before Mack I was comparing fast food joints, now I am comparing broccoli from different stores. I never thought I'd be a broccoli connoisseur!"

"Working with Lauren has been like watching a time-lapse video of a bud opening into a full flower," says Mack. "The changes in her physical body are astounding, but the physical results are just the outer symptom of her emotional, mental and spiritual growth. She is a beautiful person."

Support and inspiring encouragement from others in class has also contributed to her growth, says Lauren. "We are a family!!"

Lauren's sister Allyson recently moved back to Phoenix and decided to join Newton Fitness in August of this year. "I was looking for some new positive activities to help me regain some lost confidence and get me back on-track physically, mentally and emotionally," says Allyson. "It's really strengthened our bond as a family—we love comparing notes about the workouts, taking the classes together, and of course eating together!"

"The changes in my family have been truly amazing," says Allyson. "You can see their strength on the outside AND on the inside. Already I feel stronger and healthier than I've ever been. I've also benefited enormously from the bits of wisdom that Mack shares — I feel like I have a renewed perspective on daily challenges and an overall more positive and empowered outlook on life."



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