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Mack Newton on.... a few (more) things I've learned

You have the ability to change in powerful and extraordinary ways. Here are a few tips that build your character and pay big dividends.

1 Never underestimate your power to change.

Often people think the way they are is just the way they are and there is nothing they can do about it. There are some things you can't change: your height, the color of your eyes, the color of your skin. Yet you do have an extraordinary ability to change how you think, how you feel, how you react under pressure, and many other aspects of your physical appearance including weight, physical strength and other ways in which you present yourself to the world.

Maybe you think you are too old to change. Believe me, I have learned time and time again....it's not over till it's over. In fact...even when it's over...it's not over. It's not over until YOU say it's over, and you stop swinging and get out of the batter's box.

2 Don't expect money to bring you happiness.

Do you establish your self-worth based on what you have or don't have? I've known several people who are filthy rich, but miserable. Unhappiness seeps out of every pore. Ask a psychiatrist or psychologist. They treat people who have everything, but feel empty inside with barely the motivation to get up in the morning.

Some of the people who have inspired me and I look up to, don't always have the biggest bank account.

It's good to work hard and earn a good income, but don't let money lead you to a sense of entitlement or superiority. Happiness flows from who you are as a person...not the size of your bank account.

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Meet Nelson Newton



Mack with
Nelson at
3 weeks

July 2012

(on cover)
Nelson at
3 months

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Nelson at
2 months



Natasha and
Nelson at 2.5
months old

Nelson Mack Newton was born on April 5, 2012 to first-time parents Mack and Natasha Newton. At 8 pounds, nine ounces Nelson was born strong and is growing fast, says Natasha. “At two-and-a-half months old he was wearing clothes for a six-month old baby.”

Mack Newton was so thoroughly prepared for his son’s birth that he took a childbirth course that taught him how to deliver a baby. “I wanted to know what to do in case of an emergency, if the baby arrived early or unexpectedly.”

While assisting in the delivery room, he saw Nelson’s head breach, and the doctor offered Mack the chance to do the final delivery and ease Nelson out of the birth canal.

“There is no experience I can compare it to,” says Mack. “Nelson opened his eyes and looked at me. Tears began streaming down my cheeks. At that moment I would have done anything — anything — I would have leaped in front of a train if it was needed to protect Nelson’s life and his future.”

“It was a one-of-a-kind experience,” agrees Natasha. “Mack was very supportive, doing everything he could to help me through the pain.”

“Nelson is a very happy, very healthy baby,” she continues. “He began smiling at us at 3 weeks. At 4 weeks he started talking his ‘baby talk’ to Mack and me.”

“He even says ‘hi’ to us now,” says Mack. “It’s a long sound that sounds like ‘hi’ but he repeats it as a greeting at appropriate times. He also can sit up and roll over – he’s pretty advanced for such a little guy.”

“The birth of Nelson has given me more reason than ever to continue doing the things I do to stay healthy and strong,” says Mack. “I can’t wait to teach him how to play baseball and golf. But one of the most important parts of his upbringing will be to teach him to understand how important his thoughts and his attitude are to his future. He can be whatever he wants to be when he grows up, but I’m going to raise him to know that he can be President of the United States if he wants to be.”

Mack Newton “works his magic” on UPDP says Blair Singer

Blair Singer recently arrived at Newton Fitness with about 30 people from around the world, from different businesses and industries, with a big goal in mind.

Blair is the co-founder and CEO of SalesPartners Worldwide and is an internationally known author, mentor and coach. He speaks to tens of thousands of people around the world on “Little Voice” Mastery.

“I am developing the ‘Ultimate Personal Development Program’ (UPDP) for individuals who want to achieve massive improvements in three major areas of their lives — income, health and career/life direction in a very short period of time,” says Blair.

“Mack is and has been one of my greatest teachers and his ability to work both body, mind and spirit simultaneously is unparalleled from anyone I have seen in the world. Therefore a UPDP would HAVE to include his work.

It is a type of program that has never been attempted by anyone before. I will be working them on actually creating massive income within the 5 day period, while Mack is

working his magic on them. They will get crystal clear on their true directions and the obstacles that impede them.”

Mack Newton and Blair Singer collaborated on Champion Level Goal Setting last year. (See July 2011 newsletter). “People love the energy behind the audio program and are amazed at the power of Mack’s disciplined approach to goal setting,” says Blair. Testimonials range from “new levels of clarity” to “lifted the veil from my future” to “put my life back on track.”

“Our next goal,” says Blair, “is to actually turn it into an interactive on-line program so that more people can access it in a simpler fashion.



Power and grace after surgery

Not long after hip surgery last November, Master Newton returned to teaching Taekwon-Do. "It was a revision to my existing hip replacement," he says.

Master Newton's left hip was replaced in 1987 and his right hip in 1994, necessitated by Vietnam injuries that slowly became a form of degenerative arthritis. He also required a steel plate in his knee. Twenty-five years ago, joint replacements, more commonly only done on older people, often resulted in loss of flexibility or mobility.

Based on his knowledge of Taekwon-Do and body motion, Master Newton developed his own rehabilitation methods and regained full use of his legs. He returned to full-time teaching as well as Taekwon-Do competition.

Since that time, he has rehabbed hip replacements and joint damage in clients of every age, including athletes such as former NFL quarterback Neil Lomax and multi-sport superstar Bo Jackson.

After his recent hip revision, Master Newton rehabilitated himself in 12 weeks. "I've done it for others dozens of times," he says. "I knew exactly what to do to prepare myself to go back to performing and teaching Taekwon-Do." He spent six weeks on a walker and six weeks with a cane. "That is healing time and cannot be compromised, so I didn't try to rush that," he says.

"But...after 12 weeks I was completely ready to intensify my rehab and move up to demonstrating some Taekwon-Do techniques. Every day I would do more and more." He can now kick over his head and do patterns and more advanced Taekwon-Do techniques with ease.

Knee surgery in July will require further rehabilitation, but the 8th degree black belt master is confident that he will continue teaching in top condition and pain-free for many years to come.



Photos from
June 2012



You read about the LaPrade's transformational journey to fitness and vibrant health in the November 2011 newsletter. Larry and Kimberly LaPrade recently joined Newton Taekwon-Do as white belts. Here's the reason in Larry's own words:

"Kimberly and I have been working out with Master Newton for two years now. In that time, we have literally changed our bodies from bodies that were struggling with injuries, excess fatty tissue, and losing vitality to bodies of strength and fortitude.

Today, we have totally changed our body composition, our diet, our exercise intensity and personal expectations on what is possible for us at this stage of our lives. We are in top shape and have the vitality of people much younger than us. For that we are grateful, but honestly that is not what brings us back day in and day out.

At the foundation of our decision to move from the pre-conditioning class to Taekwon-Do is Master Newton. What motivates is Master Newton's dedication to our success. He believes in us and has taught us that limitations are only a concept or story and we can learn to tell a different story. In other words, we create our world; we are co-creators of our future, not passive passengers.

Taekwon-Do represents a new challenge for us, one in which we can extend our journey and have the opportunity to work with one of the most accomplished teachers in the world. We are excited about the possibilities!"

Mack Newton on... (cont. from pg 1**3** Learn to be cheerful and enthusiastic even when you don't feel like it.

You can't run away from emotion and stress. You need to do what you have to do even when you don't feel like it. You can "fake it till you make it." But what really works is when you actually can be cheerful in the face of frustration or inconvenience. Don't just act it, be it. This is part of the Cognitive control method (CCM), when your mind creates the emotion you want to feel.

4 Take really, really good care of those you love.

We all have casual friends, business associates and acquaintances. But there is usually only a really small circle of people around you that you really love, that you will do anything for. You need to care for these people, to let them know how you feel. My great-grandmother taught me that you save your very best behavior, your very best feelings for the people you love.

Treat strangers and casual friends with courtesy and respect, but save your very best for those you love and who love you.

5 Keep your word.

Nothing is more valuable to you. When you do what you say you will do, people will respect you as a person of integrity.

6 Think twice before giving the burden of a secret to a friend.

Secrets should stay secrets. First of all, other people's confidences should always remain

confident. But also think twice before sharing your own secrets. Often people don't keep secrets, they may also look at you differently or feel differently about you.

7 When someone pays you a compliment, say "thank you, I'm glad you feel that way."

Don't denigrate yourself by insisting you're not really worthy of the compliment. It will make the other person sorry they said anything. Say something like: "Thank you, I'm glad you feel that way." Or "Thank you, you just made my day!" The person who paid you a compliment will feel good, and so will you!

8 Be brave.

If you're not actually feeling courageous, pretend you are... no one will know the difference. If you act brave, soon you will behave bravely and then you will actually be brave.

—MN



The "No Excuse" 7-minute workout has reached over 12,000 views on YouTube. New videos are posted frequently. See more at youtube.com/macknewton and add your comments!



3243 E. Indian School Road
Suite 101
Phoenix AZ 85018
(602) 957-6492
www.macknewton.com