

What happens if you refuse to say "I can't"

MARCH 2013
Vol 13, Issue 1



*Mack Newton and Bob Saltz
February 2013*

Two health heroes transformed

When Bob Saltz interviewed with Mack Newton in mid-December of 2012, both men had doubts that Bob would be a good candidate for Newton Fitness.

"I wasn't sure," admits Bob. "I'm almost 77 and this is not the easiest workout." In addition, Bob is a 14-year survivor of Stage IV cancer and had been weakened by surgeries, radiation and medical treatments.

"Bob appeared to be weak and had been through a lot with his cancer," says Mack. "But he was not intimidated at all when I told him if we were to have any success, it would require a great deal of effort from him and he would have to do exactly what I told him."

Both were about to get a big surprise.....

In the ten short weeks since that initial interview, Bob has made astounding improvements in his health, well-being and mental attitude.

After a diagnosis with prostate cancer in 1998, followed by surgery and radiation, a scan revealed the cancer had metastasized and spread to his bones and spine. "They said the cancer will never be cured," says Bob. "But they let the cancer come back, then every three months, they would hit me with this "cocktail" of drugs and injections. Those drugs are no fun. They make you tired all the time, you have hot flashes. It kills all your testosterone, which drives prostate cancer."

When the quarterly exam arrived a month ago, Bob went for his blood tests, PET and bone scans. His first surprise was his cholesterol levels, which he says "has always been a semi-battle with me. But my cholesterol is the lowest it has ever been. My good cholesterol is 90, which is the highest it's ever been." The doctors also found Bob's PSA levels almost immeasurable at 0.01, which means the cancer is not at this time recurring, and he has now gone four months without needing further treatment.

Bob's second surprise was when he discovered he had lost weight and gained muscle mass. "Normally you can't put on muscle mass without testosterone," he says. "At the initial interview, I told Mack I can't build any muscle because I don't have any testosterone. Before I finished the sentence, he said "If I hear you say *I can't* again, you're out of here. Those two words are not used in here." He got me to believe that mentally," says Bob. "And he was right."

Mack has been in every class, says Bob, guiding him and building up his strength through an individualized approach for him. "And no one can give an inspirational talk like Mack Newton," says Bob. "That alone is worth the cost of the class."

From the first workout, Bob says his energy surged. "I used to take a nap every afternoon. Since starting here, I've only had 2 naps.

"I finish here and I have so much energy, I take my dogs out for a 3 or 4 mile walk. It's amazing. I can't believe it and my wife can't believe it."

"And my personality has changed," he says. "I'm a type-A person, but now I'm looking at things differently. I let things roll off like water on a duck's back. It's the whole thing - the lectures combined with the tremendous workouts and the fact that he doesn't allow you to say I can't.

"Bob is a very impressive guy," says Mack. "He is a very hard worker and very easy to work with. He has made just astounding progress."

Bob, who has owned several businesses and traveled the world, says "in my nearly 77 years, I've had an interesting life, but I've never met a man like Mack Newton. He's a one-of-a-kind human being. He's amazing and it's an honor to be in his class." ■

read about another Health Hero on page 2...

Mack Newton on.... Conflict

Conflict. Such a simple word. But conflict unresolved can turn your world upside-down. When it comes to conflict, there are two types of people...*conflict confronters* and *conflict avoiders*.

To confront conflict is one of the best ways I know of to eliminate stress and reduce the feeling of being overworked and overwhelmed. Conflict confronters deal with crisis and conflict immediately. They don't put it off and as a result their stress levels are far lower, they create feelings of accomplishment...and, of course they get the situation resolved when it should be resolved.

Conflict avoiders, on the other hand, put off dealing with crisis or conflict situations whenever possible, sometimes hoping they just disappear. They never do. They only intensify, creating even more stress along with the feeling that they're not getting the job done... which they're not. By the way, crisis is nothing more than change trying to happen.

So, before long, the conflict avoiders have to get away from all the stress and disorder in their lives and the best way they know how is to get sick. And...that becomes the calling card of the conflict avoider...they're always sick... getting ready to be sick...or just got over being sick.

Solution: deal with the crisis early and stay with it until it's resolved.

-Mack Newton

Pilot David Haynes returns to Newton Fitness

"I work all around the world and so I haven't seen Mack for a few years," says David Haynes. After a hip replacement in 1995, he rehabbed with Mack Newton with great success. "Everyone else I've known that had a hip operation had to go back a second or third time, here I am 15 or 16 years later and I've never had a problem."

After experiencing some pain and lack of flexibility in his other hip, David decided to return to Newton Fitness this February. "So here I am back again. It's just been three weeks and my hip pain is gone. I just feel fantastic, mentally and physically, and I'm motivated to work out more."

"Mack is a very unique person," says David. "He is very unconventional and creative in his training. If something doesn't work, he'll change it just for you. And he'll fix whatever needs to be fixed and get you on the right track."

After having his left hip replaced in 1995, "I wanted the best to help me rehab," he says. "As a helicopter pilot, having an artificial hip could have really slowed me down in my career. Mack is such a great motivator and so focused and caring of his clients. After a few months I was doing everything I had before the hip operation."

"Since then, I never even think about my left hip," he says. "I climb on top of the helicopter, do preflight and things like that that are very essential to my job. I go skiing, any type of exercise I want to do. I'm never aware of my artificial hip. And that's because of Mack."

"Eventually my other hip is going to wear out, but I think it is going to last a lot longer with the new stretches and exercises that Mack has taught me. He's an incredible coach and inspires me very much. He inspires everyone in his class and it's like a family in there."

"One of David's best attributes is that he is a really great team member," says Mack.



Mack Newton with Health Heroes David Haynes (left) and Bob Saltz after February training



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

Nelson Newton is 11 months old

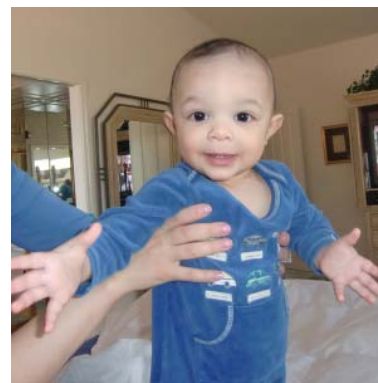


As he approaches his first birthday, Nelson is the joy of Mack and Natasha Newton's life.

When Mack arrived home from work this month, for the first time he heard Nelson call out "Hi Da-Da!"

"It's incredible, watching this purely creative, fearless, imaginative, joyful ball of life," says Mack. "He changes by the minute and is developing his own personality."

He is curious about everything. He sings and laughs. He is physically incredibly strong for an 11-month old."



"If you are putting off having kids, don't," says Mack. "You're just costing yourself a lot of joy."