



POWERLINE

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web workouts

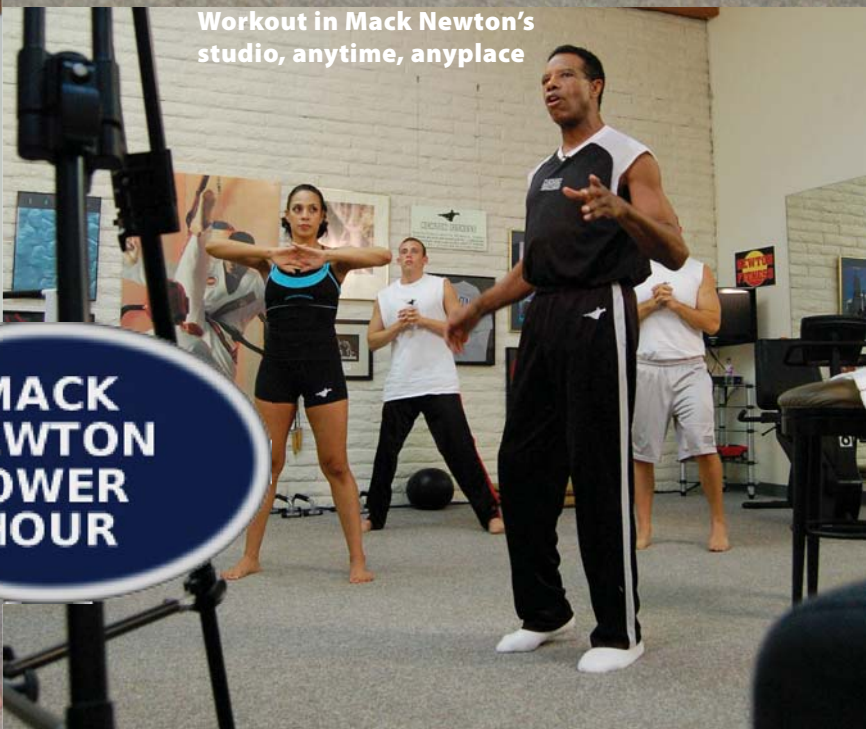
Live!

Workout in Mack Newton's studio, anytime, anyplace

HOUSE OF DISCIPLINE



MACK NEWTON POWER HOUR



WEB WORKOUTS

Hello and welcome to my gym! You've come to the right place....you're safe here and I can get you started in a sensible workout routine that you CAN do and get you where you want to BE in as little as 2 1/2 hours a week.

~Mack Newton

So begins the introduction to the new web workouts at Newton Fitness. It's a new direction in physical fitness — Mack Newton's steady guidance, instruction and positive encouragement in a workout you can do anywhere, any time. You'll be working out with the man who has trained men and women from every age and weight as well as professional athletes such as Bo Jackson and Neil Lomax.

Each class is a full body workout uniquely suited to you and your needs, whether out-of-shape beginner or professional athlete. Each level will challenge you but not take you beyond a level that is safe for you.

- Level 1: Beginner
- Level 2: Intermediate
- Level 3: Championship

Each level has four workouts, to take you in steps through the series until you are ready for the next level. Stretching, cardio and strength are all part of each workout. Mack explains each workout in detail before you begin.

Ready to take your energy and health to the next level? Visit macknewton.com and click on "workout in Mack's gym."

Coming soon!

trial classes • chat room
live workouts for groups on your HDTV



Not sure where to start?

Listen to Mack Newton's introduction and read or listen to details of the workouts on the website. If you're still unsure where to begin, fill out a questionnaire and Mack Newton will personally make the selection for you.

Rent unlimited use of the workouts for the day or for the month. You can workout with Mack for less than the cost of a fast food meal (and it's a whole lot healthier!)



"If I hadn't gone back to working out with Mack, I'd be walking with a cane now," says Laura Price (shown at right). The 75-year-old has arthritis in both knees and was in so much pain that she didn't think she was capable of doing any workout. She decided to try. After five months in Mack's gym, "Now there's no pain at all," she says. And she's lost 20 pounds.

Laura works out in the Level 1.1 video, demonstrating that age is no barrier to success. "I wish more seniors would do it," she says. "Attitude is everything. I just keep getting stronger and stronger."

Also working out in the 1.0 workout is Laura Gonzalez, who weighed 297 pounds at the time of the taping, and has now lost over 60 pounds.

"You're NEVER too old and NEVER too heavy to get healthy," says Mack Newton. "Because it's never too late to have a great life!"





"I Will Fight Back" returns

Saturday, February 26.

10 am - 4 pm

Newton Fitness

3243 E. Indian School Rd. Ste 101

I Will Fight Back, the self-defense program originated and taught by Mack Newton, returns to Newton Fitness in February. The course is taught to men and women. Previous participants have been from 10 years old to over 70 years of age.

Increase your awareness of dangerous situations and learn to protect yourself in realistic situations. The class is appropriate for any level of fitness.

The class is being organized and promoted by Diane Dillon, who recently had her house burgled and almost walked in on the intruder. One of her daughters was mugged at gunpoint a few years ago.

"We want to feel safe," says Diane. Both her daughters and her husband are attending the class.



Power Hour reaches 70,000 listeners worldwide

The Power Hour is building a global listening audience. Email arrives from the U.S., New Zealand, Canada, the Phillipines, South Africa and other countries.

In addition to an audio podcast, the Power Hour is now being recorded on video and will be uploaded to macknewton.com as well as YouTube.

Previous guests have included guitarist George Benson, PGA golfers Ted Purdy and Colleen Essingler, Olympic decathlete Dan O'Brien, and female Taekwon-do pioneer Gwen Hall.

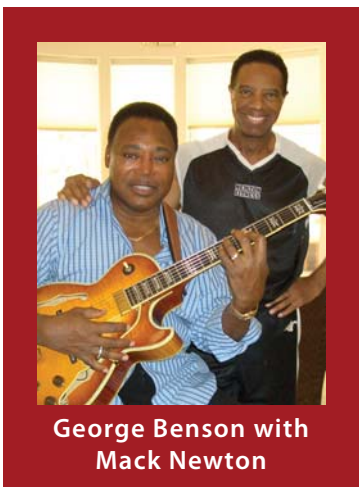
Upcoming guests include stars from major league baseball, experts on finance and best-selling authors.

Listen to the Power Hour live Thursdays at 5 pm at macknewton.com. Previous shows are archived on the website.



I downloaded 50+ hours of your show, and now I'm listening to it over 3 hours a day. It's just what I needed!

—A.H., Canada



George Benson with Mack Newton

Nick Kapande celebrates 29 year anniversary

Nick Kapande began training with Master Newton in Chicago on January 15, 1982. Now a 5th degree black belt, he teaches in his own studio in Evergreen, Colorado.

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Nick Kapande remembers one of his early challenges at Master Newton's studio in Chicago. Nick was dressed and ready for his red belt test at 12 noon when he realized he needed to go to the bathroom. It was three minutes to noon and Master Newton did not tolerate lateness. Nick raced in and out of the bathroom and was ready to test at 11:59am. But Master Newton had started early. "You're late," he said curtly and Nick was dismissed.

Weeks went by and Nick kept training but didn't hear when he would test again for his red belt promotion. He continued training hard and waiting for the opportunity. He performed at a Kung-Fu / Taekwon-do demonstration with Master Newton and gave it his best. After the demonstration, Master Newton slapped him on the back and said "good job."

"I remembered that moment," recalls Nick, "because compliments are rare and that was the second compliment I had received in a year."

Still no red belt test. More time passed and Nick continued to train.

Then Master Newton called him in one day and read him a quote about persistence. "I wanted to see what you would do when you had to train without knowing when you would test," said Master Newton. "You passed the test. You are promoted to red belt."

Nothing in the world can take the place of Persistence. Talent will not...Genius will not...Education will not.... Persistence and determination alone are omnipotent.

~Calvin Coolidge



Nick Kapande celebrated his 29th anniversary at his Taekwon-do studio in Colorado. "I told my students how grateful I am for training with Master Newton. This 16,000 sq foot studio wouldn't be here if not for him. The decision I made when I was 19 years old made all the difference."

"Master Newton challenges me, inspires me, teaches me unselfishly," says Nick. "I will always be loyal to him and grateful for him."

"Early in my career," says Master Newton, "I think Nick believed in me and saw a greater potential in me than I did in myself. It changed me. It made me better as a martial artist and as a person because I didn't want to let him down, I wanted to live up to his expectations. For a time, the student became the teacher and I can never thank him enough for that." ●



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