



*Nelson is a two-and-one-half-year-old , oh how time flies!*

## *Mack Newton On...* **MATURITY**

I have been influenced by many men and women throughout my life. Some have been famous, some very well-known and some practically unknown. Doctor William C. Menninger would fall into the last category. I don't know of many people who have heard of him at all. He worked as a psychiatrist at Menninger Clinic in Topeka, Kansas, specializing in the treatment of behavioral disorders.

He wrote on this and a variety of related topics throughout his career. Somewhere in the mid-1990's, I came across a copy of a short essay he wrote back in the early 1960's entitled "The Criteria of Emotional Maturity".

Having dealt with a severe anger problem for most of my adult life, Dr. Menninger's discussion of one's ability to deal with reality really hit home for me. I saw it as having the emotional maturity to control anger...so that I could settle differences without violence and angry outbursts. He mentioned maturity as having the capacity to adapt to change. This was key

for me! I saw this as having the capacity to face unpleasant situations and deal with frustration and even defeat without falling apart and complaining about how it wasn't my fault.

Certainly I knew the word 'maturity', but that word was not at work in my life. Maturity is the ability to make a decision and stand by it. Choose and take a stand. Declare what your life will "be"... and when you do that..."what to do" becomes obvious. The immature, without making a choice or taking a stand, spend their entire lives exploring endless possibilities... and, then do nothing. Another element of maturity mentioned by Dr. Menninger is patience. Patience, as in your willingness to pass up on immediate pleasure in favor of long-term gain. Brian Tracy called it; "short-term pain for long-term gain". Remember that the pain is unavoidable...but the suffering is optional. And, suffering is always a consequence of not choosing. When you boil it all down... maturity means dependability, keeping

## IN THIS ISSUE

- Workout Live from Anywhere
- UPDP
- Sarge in Charge
- New TKD Blackbelt
- I Will Fight Back Returns

your word. It means doing what you said you were going to do and coming through in a crisis. Not only do you do it, but the mature do it with class and style. My experience has shown me that the immature are masters of the excuse... they lead lives that are confused and disorganized. In their wake are a trail of broken promises, former friends, unfinished business and good intentions which never materialize.

The mature have mastered the art of living in peace with that which they cannot change. MN

# Google+ Be Here, From Anywhere

The greatest thing about Google plus is that it is the highest level of technology today. It allows you to be in two places at once. It's phenomenal that you may be at home in any country in the world yet training in my gym...live! Yet, live in my normally scheduled class in Phoenix, Arizona. Now you tell me, what's not to love about that? If someone who has knowledge or experience with me or has trained with me in my gym and values that experience, and knows exactly what that's like...this is the next best thing to being here. Only being here is being here, but this is the next best thing.

You can hear the lectures, you can feel the intensity, hear every word being spoken. You respond to everyone that's in the class. The difference is you're not physically here... you're in your home or your office or your hotel room while you're traveling on the road. It's crazy! It's fabulous! The most important thing is that before you dismiss it and think that it is just a lot of hype like things that are trending on Facebook, No! No! No!

Try it! You try it one time and you'll want to come back. In fact, I believe in it so strongly... for anyone who is experienced with me and values what I do in my class and have doubts about this, I will give you your first session for free. So you have absolutely nothing to lose.

My screen here is high-definition and Google broadcasts are in high definition. I'm going to have a high definition picture of you and you're going to have a high-definition picture of me. You're going to see what the class does and I see you. I can handle up to 10 people on that Google screen at one time with no problem and everyone feels like they're getting everything they need. This is the future and it's here right now. This changes the landscape, changes it forever. For people like me, who see themselves as offering a product that's more important than just the mountain climbers, push-ups and sit-ups...we offer



*Mack Newton and John Lang pose in front of the Google+ monitor with Sergey Bulevchenko on the big screen live from Russia*

something to change from the inside out. When you're on Google you listen to my speech before class as I deliver it. It's live! It's so different than reading a transcript of what I said or even watching a prepared video of me talking on the same subject. You're hearing it fresh, creatively at the source, from the start. It's live...it works! Sergey Bulevchenko stated, "Take your chance to train with Mack's internet class." Because of our set up our friend from Russia is sweating right along with us proving technology can bring us together in beneficial and healthy ways. ■



*Mack Newton and St. Louis Rams Wide Receiver Chris Givens celebrate after a PRO class.*

## Do you know what it means to Go Pro?

Do you know what it means to turn Pro? It means you keep your word...no matter what. It means you can be counted on to come through in a crisis. It means you make a decision and stand by it. It means you can face unpleasantness, frustration or even defeat without complaining or whining. It means that not only can you initiate action, but you can sustain and continue to grow. It means you are calm and in control when everyone around you is losing their cool. And...with all that, you are still humble, still learning, still caring. That's what it means to turn Pro. Go Pro at Newton Fitness! ■



# A Quantum Leap in Just a Week? Yes:UPDP



Rachel Perlmutter

Most people are not a fan of change... well, actually, they **are** a fan of change when it's over, just not the process of getting there!

**But**, what if you could learn a process that helped you create the change you seek in your life faster than ever? What if you could get in the best physical and mental shape you have ever been in a matter of days? Make tens or hundreds of thousands of extra dollars in less than a week? Well, you can. I can. We all can... I've seen it taught and applied 3 years in a row now, and used it myself with many

successes, so I can say with confidence, it is not a fluke!

The Ultimate Personal Development Program is such a unique opportunity, because unlike other programs that focus on sharing concepts for you to grasp and then practice when you get home or back to the office...you learn and apply them on the spot. And even better, you get results before the end of **one week!** **Really!!!**

Just like the name says, it is the **ultimate** Personal Development Program (UPDP)... This means, you make quantum leaps in all areas of your life (relationships, health, and finances)... all at the same time! When I did UPDP, I lost 10 pounds in **one week**. I sold more of my services in that one week than I usually do

in 3-4 months. And, I learned a lot about letting others lead and at the same time, not giving in too easily if I really want something.

Two great mentors (Mack Newton and Blair Singer) come together and share specific steps and processes to guide you on your own personal journey to change done in a quantum leap. But, they don't just teach it, they:

- Put you in an environment created for success.
- Give you actual steps to take while you are going through the program so you are immediately **applying** what you are learning.
- Help you achieve and recognize your successes and use them as leverage for future ones.

The great thing about UPDP is, if you come with a true desire to succeed and the willingness to commit to a process for just 5 days you will leave with so many experiences, results, wins and lots of gratitude for your mentors, your fellow participants and yourself, that you will wonder how it was all possible. Need a lift? Make it a quantum leap and check out UPDP March 9-13, 2015! ■



Graduation class of UPDP IV, March, 2014 with Mack Newton (top, center) and Blair Singer (far right).

## Taekwon-Do's Impact on Kent McCelland

After six years of training as a martial artist in Mack Newton's House of Discipline, Kent McCelland, a newly promoted 1st Degree Black belt reflects on his Taekwon-Do experience. "This thought resonates throughout the manual and our training in Taekwon-Do. It's in the tenets of courtesy, integrity, perseverance, self-control and indomitable spirit. It is in our pledge, for how else can we train mind and body, courageously oppose untruth, build friendly relations, or obey all rules of our school, our art and our instructor?"

We are building our conscience here, in the hopes that our actions reflect our sincerity and our knowledge of what is right. In spite of all the difficulties created in our school environment, it is the easiest and safest place to do all that we would like to be remembered for our rectitude and sincerity. It is easy to find a place here to train, ask questions, and push ourselves. The real trick is to take what we have here and step out the door in the world of demands." Kent began his training in Taekwon-Do at age 52 and



Master Newton presents Kent McCelland his 1st Degree Black Belt

considers the practice a gift and looks forward to trainings to come with Master Newton. ■



## It's Back! "I Will Fight Back!" December 6, 2014



Rachel Perlmutter

Join us Dec. 6th for the "I Will Fight Back" self-defense class that is open to women, men, children and adults at Newton Fitness.

The program is designed to provide participants the mindset, self-defense techniques and confidence to know that they can defend themselves, should it be necessary.

Participants will learn how to quickly and calmly assess their environment for danger and be mentally and physically prepared

to take action. The world is not as safe a place as it used to be, and what we once considered normal routines can now place us in an unsafe or dangerous position. Women are getting attacked in domestic disputes, on University campuses, at malls or shopping center parking lots.

Men are suffering as the victims of hate crimes and muggings while children are abducted from schools and right out of our homes. We no longer have to be in an undesirable place to be in danger from others. Now, the holiday shopping season is almost upon, and individuals and families will be even more exposed to

the risk of attack while in shopping mall parking lots and garages, especially after dark. It is vitally important to our safety that we have the ability to fight back in order to protect ourselves and our loved ones. "I Will Fight Back" is a class that will teach you powerful, effective self-defense methods, and give you the confidence needed when actually placed in these types of situations to take action and defend yourself. ■

To learn more, or register, visit:

<http://bit.ly/MN-IWFB>



Christina Sargeant, after class, September 24, 2014

## Sarge is in Charge!

Christina Sargeant personifies our fitness brand...Go Pro! In every sense of the word...she is a Pro! She has not let past failure deter her. She's back with a new attitude and a new purpose. She wants her legs and her health back. Well, not only is she down 16 pounds on her last weight in, but she is making medical strides for a healthier lifestyle. Christina may not have

imagined that since rejoining Newton Fitness just little over a month ago that she would get a prognosis from her doctor that she is no longer pre-diabetic. This news was celebrated in class when Mr. Newton revealed Christina was no longer diagnosed as a pre-diabetic... a condition she has lived with for the past seven years ago. ■

*Powerline design by Wendy Cavalari.*



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