



Chat and Spin Radio

WELCOME TO CHAT & SPIN RADIO

We are a 24 hour, **NOT FOR PROFIT** Internet radio station broadcasting over 8 years, covering the UK National & International audience. Giving you MORE MUSIC and MORE VARIETY.

We Broadcast National, throughout the UK & Internationally to many listeners per week. We interview Book Authors / Bands / Singers / Charities / Businesses / Groups.

If you would like FREE PUBLICITY and to come on our station for an interview, then please contact us for more information.

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**A powerful inspirational quote
may be just the thing you need
to get out the door
and...**

**WALKING^{FOR}
HEALTH
AND FITNESS**



take that first step.

**WALKING^{FOR}
HEALTH
AND FITNESS**



Sometimes all it takes is just a
well thought-out quote or ...

WALKING^{FOR}
HEALTH
AND
FITNESS



aphorism to inspire and
remind yourself ...

WALKING^{FOR}
HEALTH
AND **FITNESS**



**...you have what it
takes to succeed and
reach your destination.**

Blog post

[40 INSPIRATIONAL WALKING QUOTES | PLUS 3 GREAT LIFE QUOTES!](#)



I only went out for a walk
and finally concluded to
stay out till sundown, for
going out, I found, was
really going in.

- John Muir



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**6 WAYS
INSPIRATIONAL
QUOTES CAN
CHANGE YOUR DAY
FOR THE BETTER**

**#1. Positive inspirational quotes
lessen the impact of a negative
experience.**

Using a positive inspirational quote can put
things in perspective.

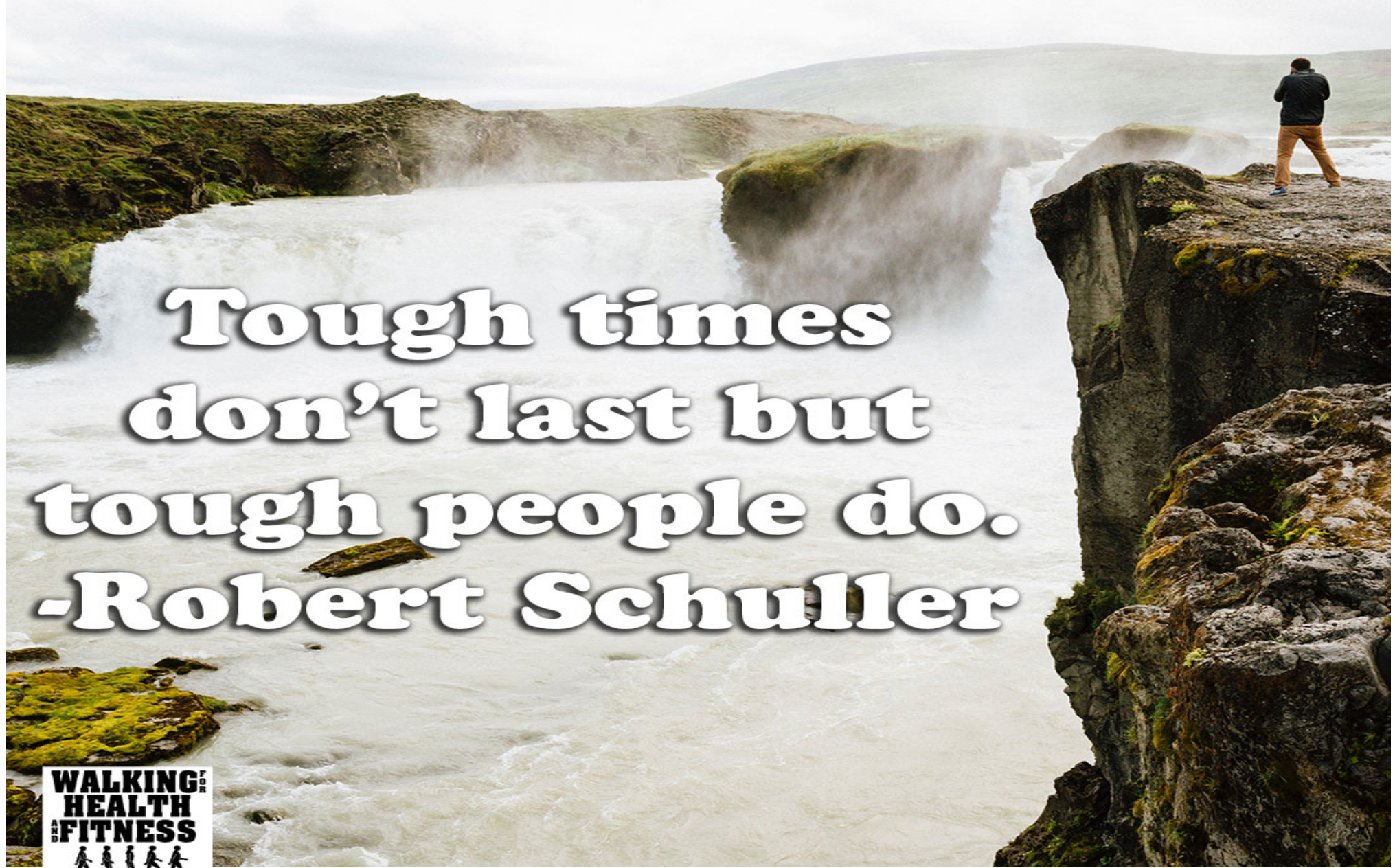


**In every walk with nature one
receives far more than he
seeks. - John Muir**



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**#2. A go-to quote can give
you that needed lift.**



**Tough times
don't last but
tough people do.
-Robert Schuller**



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**#3. You are not alone:
Inspiration quotes remind us that
the thoughts we have are a
common experience felt throughout
the ages.**



I walk every day, and I look at the mountains and the fields and the small city, and I say: 'Oh my God, what a blessing.' Then you realize it's important to put it in a context beyond this woman, this man, this city, this country, this universe. - Paulo Coelho

#4. Learning opportunities: There is nothing we can't learn from.

Seek out quotes on various topics.

**#5. Keep you grounded:
Inspirational quotes give a sense
of the greater world around us**



The compact between writing and walking is almost as old as literature -- a walk is only a step away from a story, and every path tells.

- ROBERT MACFARLAN

**#6. Give perspective:
inspirational quotes help us get
over the personal setbacks**

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WALKING FOR HEALTH AND FITNESS



A morning walk
gives the body a
chance to forgive
the trials and
tribulations of
yesterday, to shed
its rubbish and
mental clutter.
- Terri Guillemets

**Walking for health and
fitness, the easiest way to
get in shape and stay in
shape.
- Frank Ring**



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Want More Walking Inspiration?

[Visit me at Walking for Health and Fitness](#)



Walking for Health and Fitness

The Easiest Way to Get in Shape and Stay in Shape!

[Keep up to date on all the latest in walking and fitness](#)

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AND **FITNESS**



HOW TO USE INSPIRATIONAL QUOTES WHILE WALKING

**Before your
next walk...
pick a quote
from the list**

**All truly great thoughts
are conceived by walking.
- Friedrich Nietzsche**



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**Put it on your
smartphone
notes app and
read it back to
yourself several
times during the
walk and...**

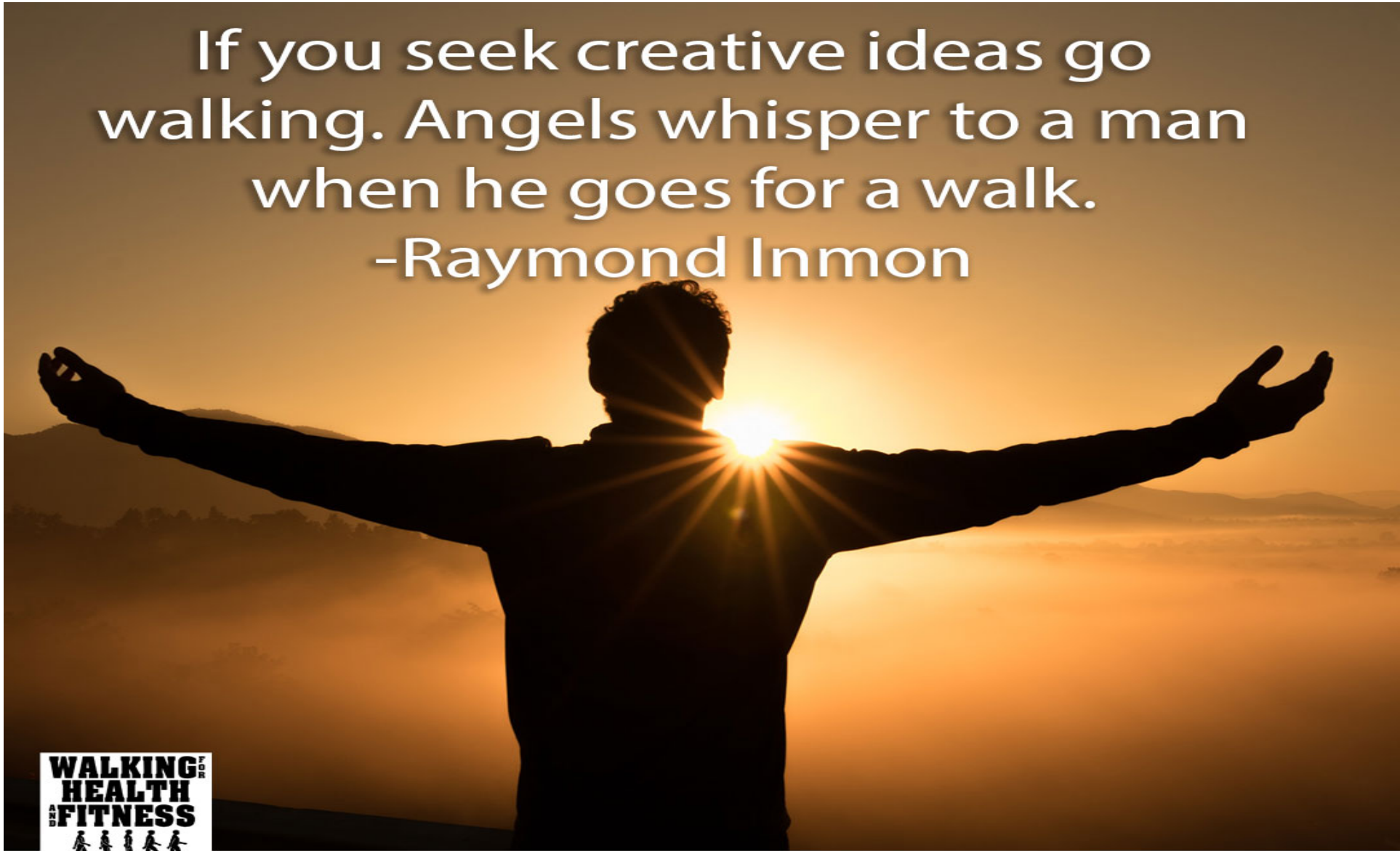
Think on it!

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HEALTH
FITNESS



If you seek creative ideas go walking. Angels whisper to a man when he goes for a walk.

-Raymond Inmon



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**Record what thoughts
and feelings get
triggered by the quote.**

Blogpost

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You don't need to spend every second of your walk totally immersed with this quote.

I've found that just
"putting it out
there" in my
consciousness will
trigger something
at some point
during the walk.

*Walking brings me back
to myself.
- Laurette Mortimer*



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**Often times at the very end of
the walk my “breakthrough”
insight come to me.**

**I immediately record my
thoughts into my notes app.**

[Read more about Frank S. Ring and Walking for Health and Fitness](#)



 **[Order Frank's books](#)**

FREE: Audiobook, exclusive web page, and supplemental content download included with every purchase

**HOW TO USE
INSPIRATIONAL
QUOTES
THROUGHOUT
YOUR DAY**



Print out quotes
and post them
around your
house, job, and
even your car.

Walk as if you are kissing the
Earth with your feet. - Thich Nhat
Hanh



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Create a Quote Book:

Every day I physically write down a quote that I find inspiring.

I get more satisfaction with writing the quote out longhand rather than typing or copy/paste.



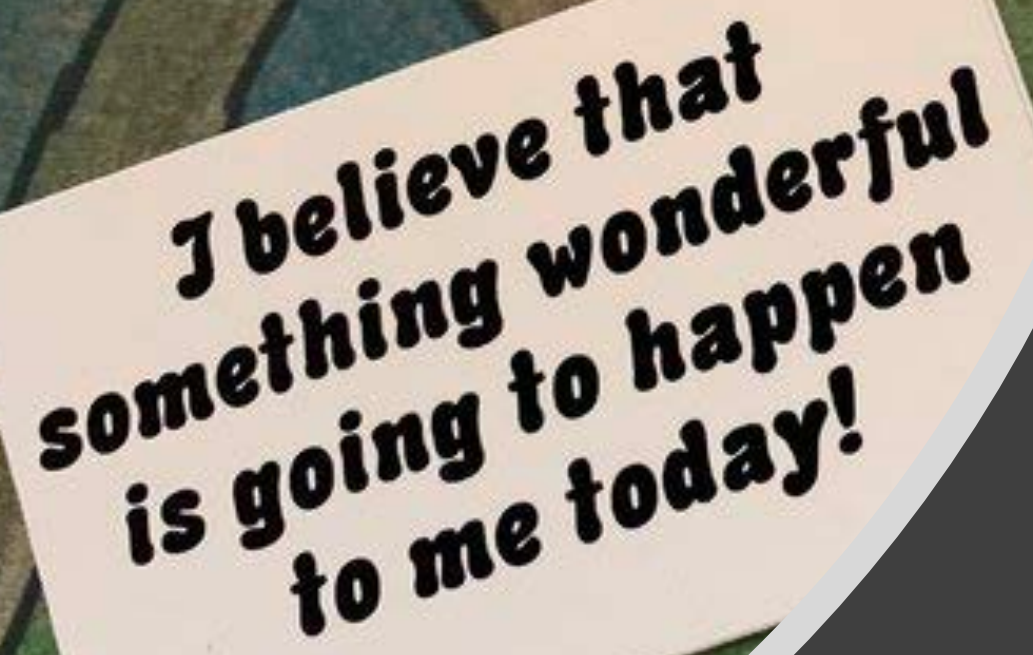


**Bonus:
you get an
opportunity to
improve your
handwriting!**



**Take every
opportunity to
share your
quotes.**

**Use them in
conversation.**

A business card with a light beige background and black text, tilted at an angle. The card is placed on a surface with a colorful, abstract pattern of green, blue, and brown shapes. The text on the card reads:

**I believe that
something wonderful
is going to happen
to me today!**

Spread the Joy:

I've printed my favorites onto business cards using my home printer and blank card stock.

I've handed them out to hundreds of people in need of an inspirational boost.

The background is a dark blue, splattered ink-like shape on a white background. The splatters are irregular and spread out, creating a textured, energetic feel. The text is centered within the dark blue area.

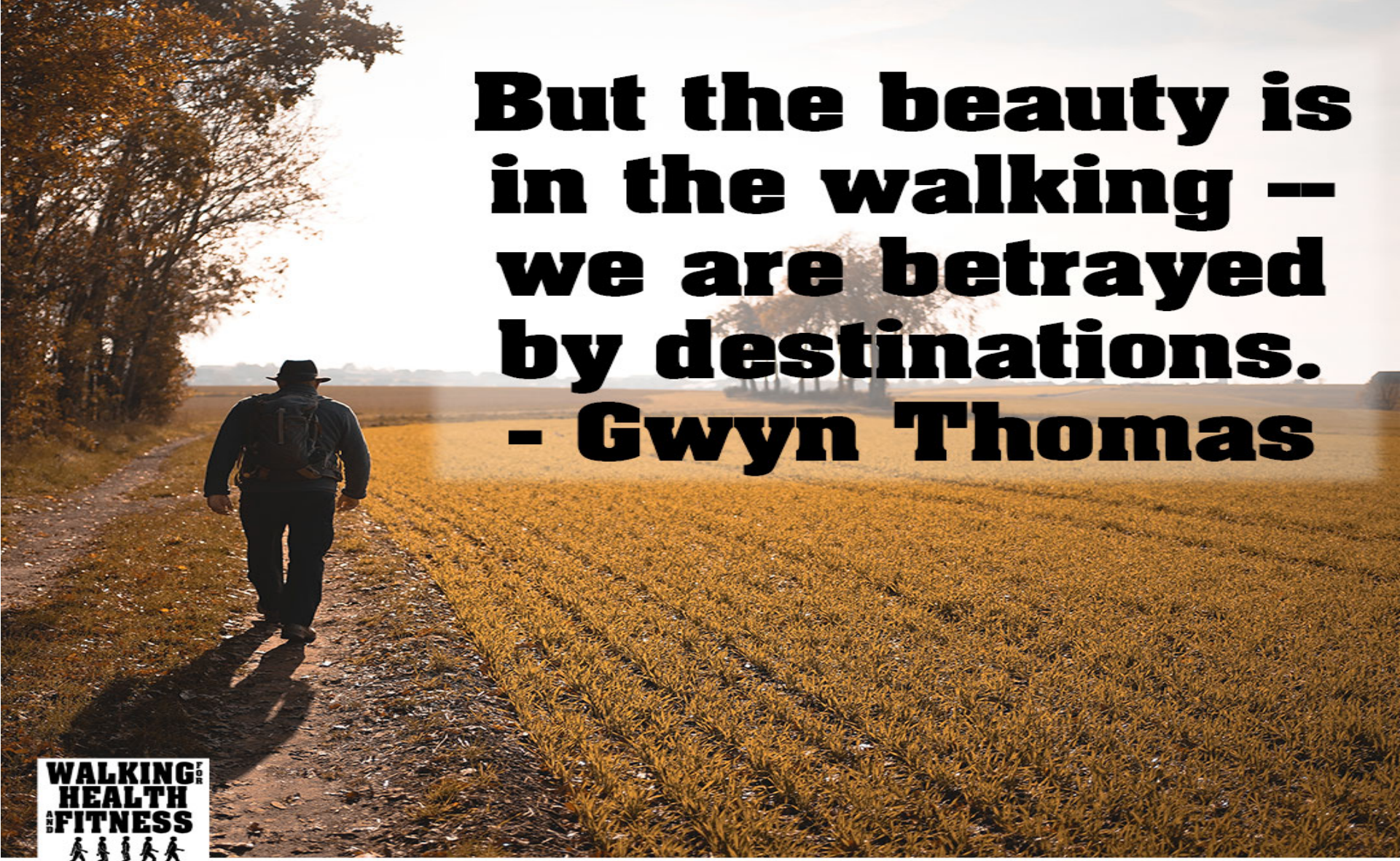
**Use these uplifting and
motivating inspirational
quotes to help you when
you need an extra jolt of
motivation.**



Go back to what's good, what's certain, what's always there. You woke up today. Just start walking. - Jesse L. Martin



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**But the beauty is
in the walking --
we are betrayed
by destinations.
- Gwyn Thomas**



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A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. - Paul Dudley White




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If every day you practice walking and sitting meditation and generate the energy of mindfulness and concentration and peace, you are a cell in the body of the new Buddha. This is not a dream but is possible today and tomorrow.

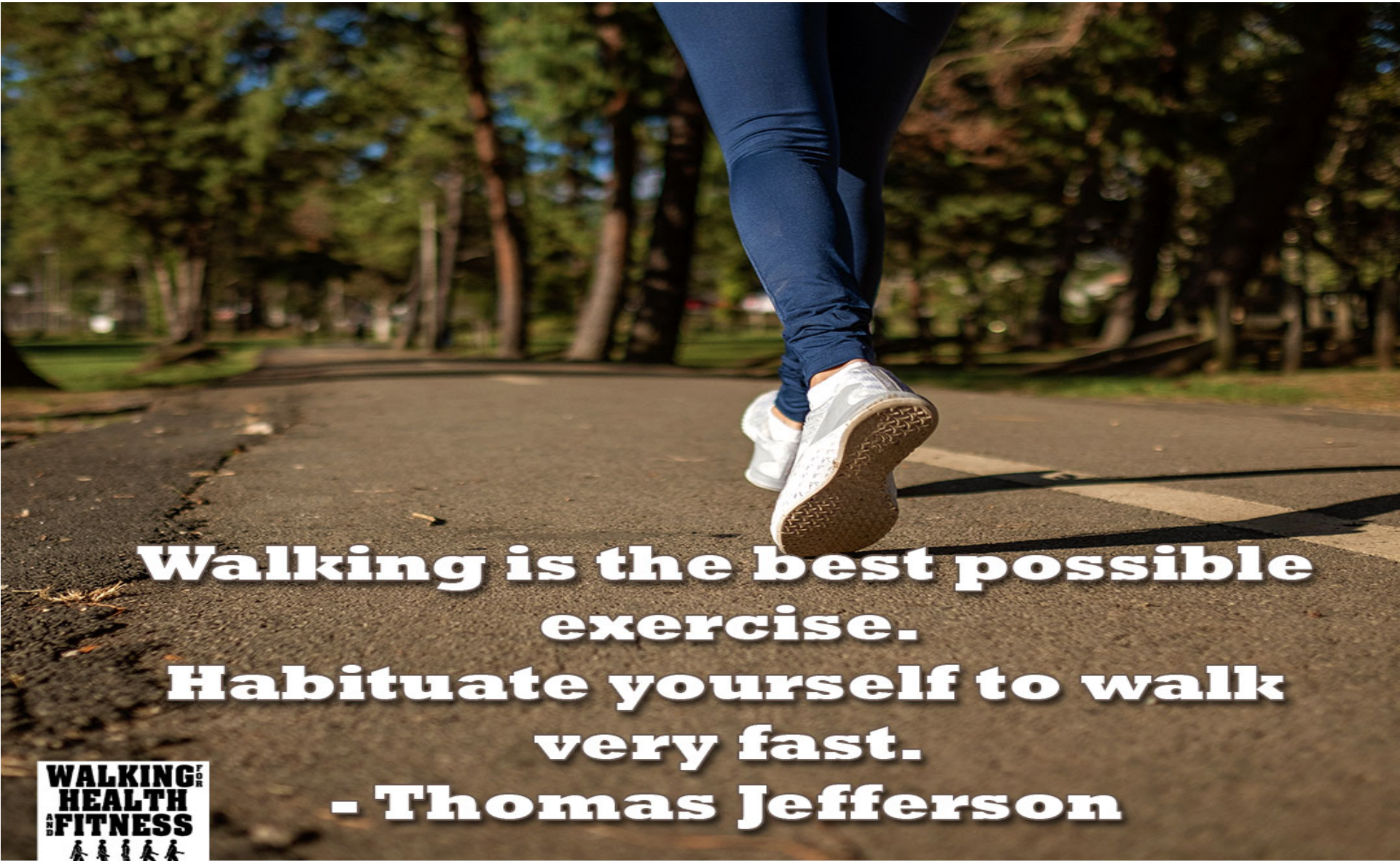
- Thich Nhat Hanh

A scenic photograph of a forest path. The path is made of dirt and leads through a lush green forest. On the left side of the path, there is a simple wooden bench with a white seat. In the background, a large, dark, abstract sculpture made of curved metal or stone pieces stands in the middle of the path. The trees are tall and have dense green foliage, with sunlight filtering through the leaves, creating a dappled light effect on the ground.

*Beauty surrounds us, but
usually we need to be walking
in a garden to know it. – Rumi*



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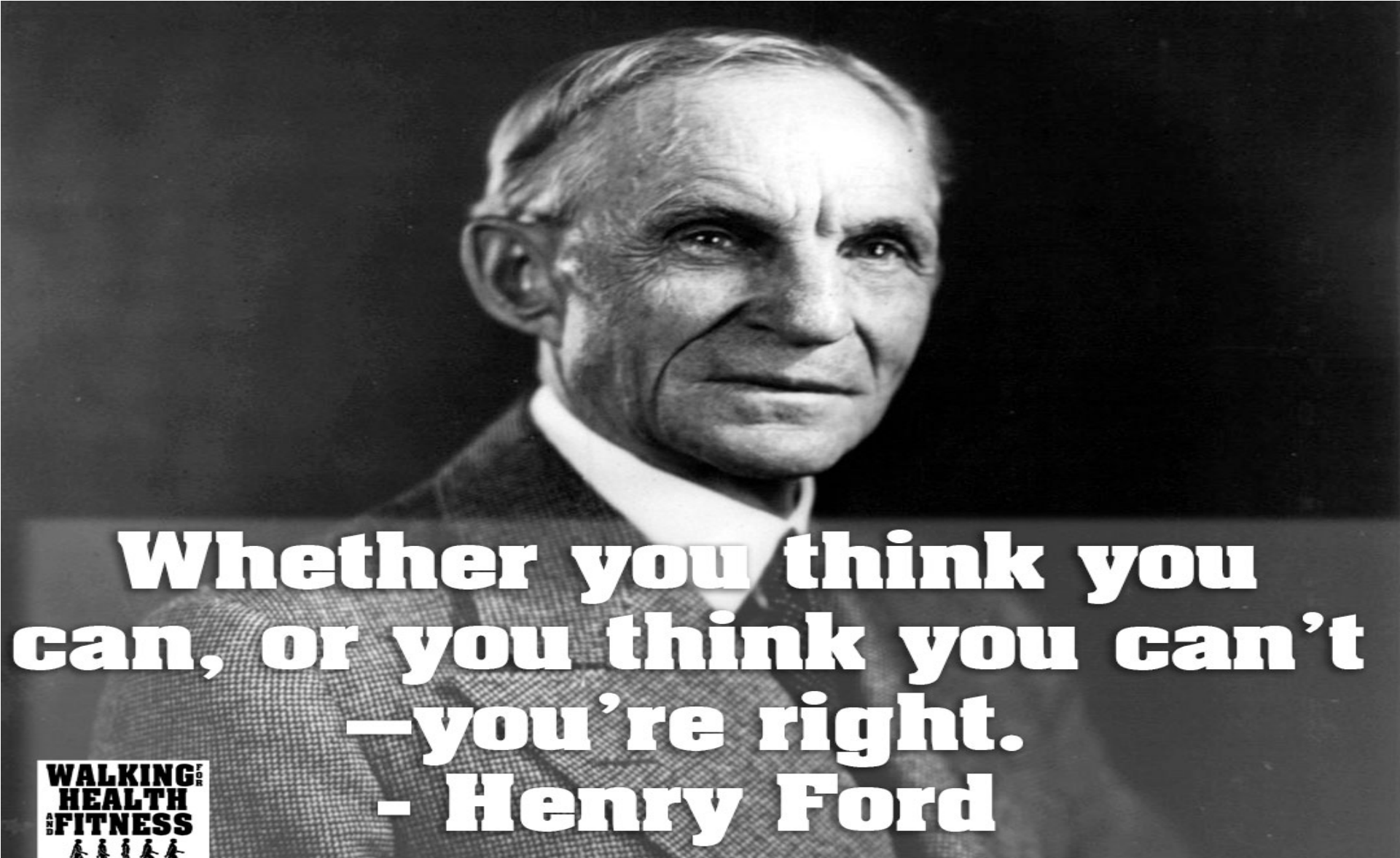
**Walking is the best possible
exercise.**

**Habituate yourself to walk
very fast.**

- Thomas Jefferson



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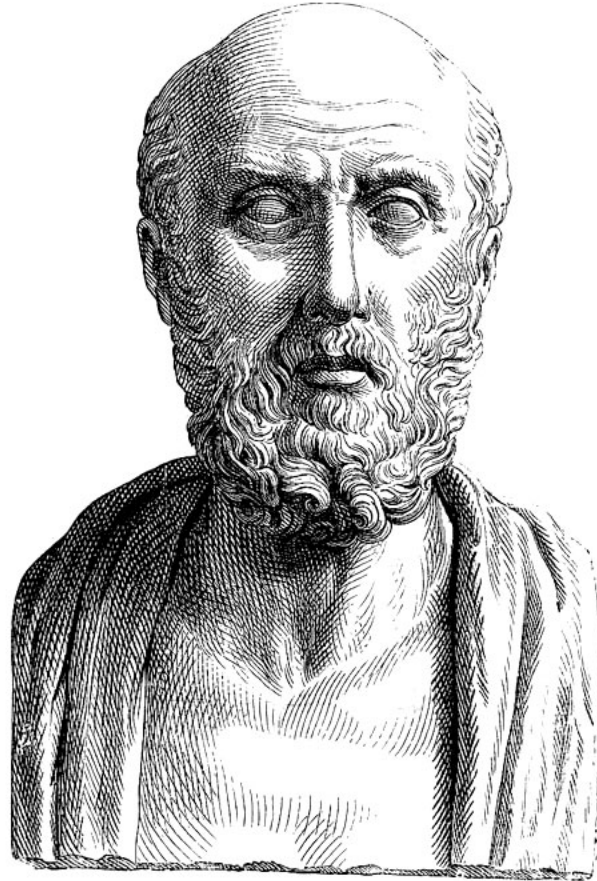
A black and white portrait of Henry Ford, an elderly man with a serious expression, wearing a suit and tie. The background is dark.

**Whether you think you
can, or you think you can't
—you're right.
- Henry Ford**



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**Walking is man's best medicine.
– Hippocrates**



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*I believe something
wonderful is going to
happen to me today!*



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The Easiest Way to Get in Shape and Stay in Shape!

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Walk on,
Frank S. Ring

Author: [Walking for Health and Fitness](#), [Fitness Walking and Bodyweight Exercises](#), and [Walking Inspiration](#).

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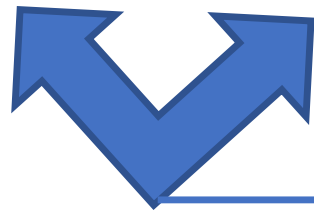
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