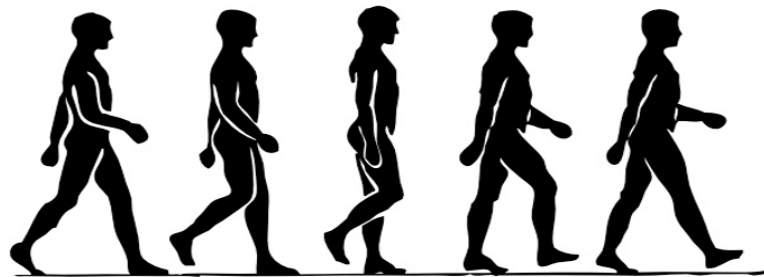


BENEFITS OF WALKING

WELLNESS WALKING CHALLENGE

WALKING ^{FOR} HEALTH ^{AND} FITNESS



**CALIFORNIA LAWYERS
ASSOCIATION**

Published by:

[FRANK S. RING](#)

Walking For Health and Fitness

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Walking for Health and Fitness

...is a health, fitness, and wellness website
dedicated to walking
and all the physical, psychological, and spiritual
benefits that comes from it in order to achieve
a healthy, balanced lifestyle!

Walk on,
Frank S. Ring

Caution:

The Information contained in this book may cause you to
feel better than you have ever felt in your entire life!

Symptoms Include:

A broader smile, happier disposition, brighter outlook on
life, and general feelings of bliss...proceed with wild
abandon!

**Walk on,
Frank** 

Table of Contents

<i>Introduction:</i>	4
<i>The Get Out the Door Checklist:</i>	5
<i>The Wisdom of Warming Up</i>	6
<i>Supercharge Your Walking with S.T.E.P.S.</i>	11
<i>Safety Factors</i>	13
<i>Read more: 21 Walking Safety Tips</i>	13
<i>Improve Your Mind-Body Connection</i>	14
<i>The Core-Four Bodyweight Exercises</i>	18
<i>Stretching</i>	21
<i>Thank You!</i>	29
<i>Walking Books by Frank S. Ring</i>	29
<i>Walking Programs by Frank S. Ring</i>	31

[Video Presentation & Resource Page by Frank S. Ring](#)



Introduction:

Congratulations on the start of your [Walking the California Coast Wellness Walking Challenge](#). You've taken the first step, literally, in your fitness walking exercise journey.

This massive goal of walking all 950+ miles of the California coastline will keep you motivated to get out the door to walk during the next five weeks and hopefully beyond.

Most athletes, even professionals, say the most challenging part of any workout is just getting out the door.

Once you begin putting one foot in front of the other, you'll be on your way to a good workout and feeling great about yourself for having done it.

Walking has so many great benefits, and by walking, you will open your world to so many new experiences, places to explore, people to see, and adventures to undertake!

And all this may happen just walking around your neighborhood with a fresh eye on what the walking experience can bring to your life.

Just walking around the neighborhood will open your eyes to sights you might have otherwise missed. The shape of that tree on Woodland Ave.; the wooded area near Central Boulevard that has a trail leading to the river; the older man on Jones Rd. that always looks angry whenever you drive by yet now, he goes out of his way to greet you as walk by.

Walking is also the most laid-back exercise you can do, stress-free, fresh air, and peaceful.

Feeling great has never been this easy!

Why am I so enthusiastic about walking for health and fitness? I'll give you three reasons:

- Walking is free
- Walking is easy to do
- Walking is easy on your muscles, joints, and bones!

Slow and steady wins the race!

No question that walking for exercise is good for you! You'll see it makes so much sense to slow yourself down to continue walking well into old age in the long term.

Good luck with your California Coast Challenge.

Frank S. Ring

Walking for Health and Fitness – [Read more about the benefits of walking](#)

The Get Out the Door Checklist:

Make your walking routine automatic. Having a checklist will make getting out the door quick and easy. Start your walk on the “right foot” by being prepared with your essential items set up and ready to go.

IMPORTANT! Check weather conditions and plan according to Wind Chill/Real Feel (cold temperatures) or Heat Index (hot temperatures).

- [National Weather Service Heat Index Calculator](#)
- [National Weather Service Wind Chill Calculator](#)

Daytime:

- Water
- Sneakers/Shoes
- Clothes
- Id
- Wallet/Money
- Keys
- Phone
- Earbuds/Headphones
- Hat
- Sunglasses
- Pack
- Snack
- Contact Person
- Camera

Add Your Personal Items:

Night-Time:

(Add these items)

- Reflective Vest!
- Headlamp or Flashlight!

Rain:

(Add these items)

- Waterproof Jacket
- Reflective Vest (Yes, even in the daytime when it’s raining)

Heat:

Check Heat Index!

- Water
- Hat
- Shorts
- Light top
- Water (Yes again)
- Sunscreen
- **Water (One more time. It’s that important)!**
- Sunglasses

Cold:

Check Real Feel/Wind Chill

- Dress in layers
- Hat
- Scarf
- Glove
- Boots in snow/slush
- Water

Reminder #1:

When walking in the street, [ALWAYS FACE ONCOMING TRAFFIC!](#)

Reminder #2: [ALWAYS wear a reflective vest](#) and walk with a flashlight at night!

The Wisdom of Warming Up

The Big Mistake Most Athletes Make

Just like trying to start your car on a cold morning, your body must also warm up before you can get the most out of it.

The purpose of a warm-up is to

- Increase blood flow to your muscles
- Loosen muscles, joints, tendons, and ligaments
- Allow you to move more freely
- Cut the risk of injury
- Get the brain engaged

The American College of Sports Medicine considers warming up an essential part of any type of workout.

Warming up is a transition between rest and activity.

The Perfect Warm-Up: Crucial but not complicated

- Squats
- Lunges
- High Knees
- Calf Raises
- Ankle Circles
- Leg Swing (Hold a chair or wall for support)
- Pelvic Loop (Hip Circles)
- Arm Circles

[Video Presentation & Resource Page by Frank S. Ring](#)

The Perfect Warm-Up Routine:

Crucial but not complicated!

Perform each movement 5 times. This should take approximately 3-5 minutes. A good warm-up will get your body ready to walk and help prevent injuries.

Squats

Targets the Quadriceps, Glutes, Adductors, Calves, Hamstrings, Hip Flexors, and Abdominal muscles.

Begin with your feet shoulder width apart
Slowly drop your butt down towards the floor.
Pause at the bottom of the movement and return to standing position.

Aim to complete 5 squats.



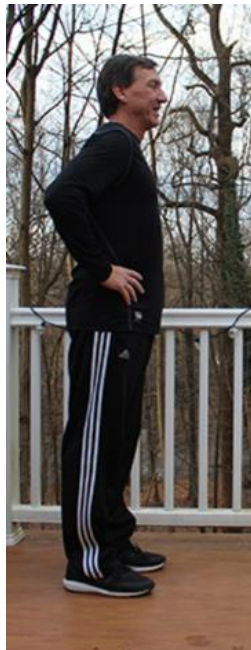
Lunges

Targets the glutes in your hips and butt.
Hamstrings and Quadriceps in your thighs, Calf muscles, Abdominal muscles, and your back muscles act as stabilizers during this exercise.

Begin with your feet shoulder width apart. Step forward with your left foot and slowly drop your right knee towards the floor.
Return to the standing position by pushing off the left leg to propel you back.

Alternate with each leg.

Aim to complete 5x each leg.



High Knees

Alternate raising your knees to parallel. Helps you to target and strengthen your inner and outer hip area.

As your body works to maintain balance on the standing leg during the exercise, you can isometrically tone calf, quadriceps, hamstrings, and buttock muscles on the standing leg.

Begin with feet shoulder width apart and slowly raise you left knee so that your thigh is parallel to the floor. Return to standing position.

Alternate raising each leg.

Aim to complete 5x each leg.



Calf Raises

Calf raises exercise the gastrocnemius, tubialis posterior, and soleus muscles of the lower leg.

The movement performed is the plantar flexion, a.k.a ankle extensions.

Begin with feet together then slowly raise you heels off the floor.

Aim to complete 5x.



Ankle Circles

Loosens the muscles and tendons in the leg and the joint around the foot.

Doing ankle circles just a few times per week can help you improve flexibility, range of motion, and can improve overall comfort while walking.

Slightly raise your right leg in front of you. Slowly rotate your foot in a circular motion. Picture your big toe as a pencil point and draw circles with it. Small ones at first then larger as you warm up.

Aim to complete 5 circles for each ankle.



Leg Swing

(Hold a chair or wall for support)

Leg swings gently engage your hamstrings, quads and calf muscles

Slowly swing your leg back and forth for 30 seconds on each leg.



Pelvic Loop (Hip Circles):

This exercise helps loosen the lower back and hip muscles, strengthens the core and trims the waist.

This exercise is great for relieving stress and tension and improving flexibility.

Slowly rotate your hips in a circular motion (think Hula-Hoop).

Slowly rotate clockwise then counter clockwise for 20-30 seconds.



Arm Circles

This movement targets the shoulders, triceps, biceps, and back.

Extend your arms out to the side and slowly rotate them in small circles.

Slowly rotate clockwise then counter clockwise for 20-30 seconds.



Supercharge Your Walking with S.T.E.P.S

To increase your average walking speed, think More “S.T.E.P.S”!

Having this simple mental device to remind you of what you need to do will get you moving quickly with just a little practice.

On your next walk keep “STEPS” in mind as you take each step.

1. Shorter quicker strides

- a. Turnover rate is the key to quicker walking. The more steps you take per minute, the quicker you will walk. Think of a car’s piston pumping up and down quickly. You may think that a longer stride would help you walk faster but this is not the case. Increasing your stride puts your legs in an outstretched position which acts as a break. If you walk with music playing, choose songs with different beats per minute then match your steps to the beat. Shorter is better.

2. Toes propel you forward

- a. Push off of the toes of your back foot, which propels you forward for your next step.

3. Engage your core and glutes

- a. Squeeze your glutes and engage your core to support your spine. Strong core muscles including the abdominal muscles, back muscles, and your butt muscles or gluteus maximus are essential to keeping your balance and walking strong.

4. Posture

- a. Keep your body straight and your head up. This expands the chest cavity and increases your oxygen intake by more than 30 percent. Also, keep your eyes up ahead to help quicken your pace. Use your peripheral vision to watch where your feet will plant on the ground.

5. Swing your arms quickly

- a. An easy way to quicken your walking speed is to quicken the speed at which your arms swing back and forth. If you focus on your arms, your legs will naturally follow without the urge to lengthen your stride. Keep your arms bent and swing them back and forth in a quick and compact motion to increase momentum. Your shoulders should be relaxed and down.

During each walk, keep STEPS in mind. Pick a point in the distance and consciously apply the STEPS in reaching the point. Keep your focus on each of the 5 aspects of STEPS. Eventually, as your body adjusts to the quicker pace, you will just naturally move faster and with more “pep in your step”!

Also, check out this video: [What is the Correct Walking Form?](#)



Walking for Health and Fitness
Tip of the Day



Safety Factors

Walk facing traffic: If you remember only one lesson from this book, please let it be this: **if you walk on the side of the road, you must face into oncoming traffic.** You need to see what's approaching in order to avoid serious injury.

Walk defensively. Don't ever challenge a vehicle or ever assume that drivers know when you have the right of way. Also, err on the side of caution. The very size of a car negates all your rights as a pedestrian.

When you are walking alone, let someone know where you'll be walking and when you expect to return, then let that person know that you have returned. This should develop into a habit and could get you valuable help early on if you miss placing the return call because you are in need of help.

Always carry identification and important medical information.

Don't walk alone at night (if possible). Working full time, then getting home after the sun sets is common in winter. If you must walk at night, please take the following precautions:

Wear a reflective vest! If you remember only two lessons from this book (one being to face traffic), then this is number two. **A reflective vest will save your life.**

Think about how many times you have driven at night only to see a pedestrian at the very last moment. Put yourself in the driver's seat: what will make it easier for you to be seen?

Carry and use a flashlight, or better yet a headlamp. Headlamps are now a very common household item and are sold at all local hardware and big box stores.

A note on headphones: I love to walk and listen to motivational speakers, audiobooks, and music. I listen to some form of audio about 75 percent of the time. My advice is to keep the sound at a reasonable volume so you can also hear what is going on in your surroundings.

Be alert when walking near wooded areas, dense brush, doorways, and courtyards.

Don't wear lots of jewelry or carry much cash.

Protection devices: I usually carry a small pepper spray clipped to my belt in case a dog (or human) gets too aggressive for comfort.

Read more: [21 Walking Safety Tips](#)

Improve Your Mind-Body Connection

You have an extraordinary mind. As the poet John Milton writes in Paradise Lost, “The mind is its own place, and in itself can make a heaven of hell and a hell of heaven.”

Benefits of Walking

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep
- Increase your creativity and problem-solving ability

How does walking do all this?

Walking releases four vital neurotransmitters that impact your motivation, productivity, creativity, and wellbeing.

- Endorphins
- Dopamine
- Serotonin
- Oxytocin

So why is this so important?

Neurotransmitters transmit electrical signals within the nervous system. Each of these neurotransmitters plays a specific role in your emotional state.

Endorphins:

Endorphins are natural pain and stress fighters.

Stress and pain are leading factors in the release of endorphins

Endorphins interact with the opiate receptors in the brain to reduce the perception of pain.

Endorphins act similarly to drugs such as morphine and codeine BUT without addiction or dependence. So, endorphins are released to decrease the feeling of pain.

The Secretion of Endorphins Leads to:

- Feeling of euphoria
- Modulation of appetite
- The release of sex hormones
- Enhancement of the immune response

More on Endorphins

Endorphin release varies among individuals. Foods such as chocolate or chili peppers can enhance the secretion of endorphins.

Other activities stimulate endorphin secretion:

- Acupuncture
- Massage
- Meditation
- Yoga

Dopamine

Dopamine motivates you to take action. It is responsible for the surge of reinforcing the feeling of pleasure and reward you get when you take action towards accomplishing a goal.

Remember all the times you've had that sudden "eureka" moment when the "light bulb" goes off in your head as you hit upon the breakthrough idea of an elusive problem. This feeling is the dopamine working its "magic" on your wellbeing!

A study of lab rats revealed just how vital dopamine is to you taking action. Rats with low levels of dopamine always opted for an easier option and less reward/food; those with higher dopamine levels exerted the effort needed to receive double the amount of food.

Serotonin

Serotonin is released when you feel significant. Most anti-depressants focus on the production of serotonin.

Your brain has trouble telling the difference between what is real and what you imagine, so it produces serotonin in both cases. Re-living and reflecting on past achievements will cause the brain to produce serotonin.

More ways to raise your serotonin levels:

- Affirmations
- Positive self-talk
- Gratitude
- Positive reflection
- Sunlight's UV rays promote Vitamin-D and serotonin production

Oxytocin

Oxytocin is the glue that binds together healthy relationships. Oxytocin release creates intimacy, trust and strengthens relationships. Often referred to as “the cuddle hormone,” a simple way to keep oxytocin flowing is to hug someone.

Research is still limited, but a few small studies have found evidence to suggest music can help boost oxytocin levels in your body.

From John Medina’s Brain Rules:

The Act of Walking Makes You More Productive

- Exercise improves cognition for two reasons:
- Exercise increases oxygen flow into the brain.
- Exercise reduces brain-bound free radicals.

One of the most exciting findings of the past few decades is that an increase in oxygen is always accompanied by an uptick in mental sharpness. Exercise acts directly on the molecular machinery of the brain itself. It increases neurons’ creation, survival, and resistance to damage and stress.

Walking Meditation

Walking, combined with mindful breathing, is by far the most practical and easy-to-implement method of meditation.

It has the added benefit of providing exercise for the mind and body at the same time!

- Begin by moving slowly to find a rhythm to your movements and breathing
- After you hit that sweet spot where movement and breath get into sync, you can move at any pace you want and walk as long as you like
- Practice the 4-3 Breathing pattern
- Inhale for 4-steps, exhale for 3-steps

The goal is not to make it an effort but to make it effortless and mindless, which means that your mind is focused only on the activity itself and not the rest of your day, not your problems, not your workload, and not your to-do list.

The goal is to be fully present in the activity of rhythmic movement and breathing.

Walking meditation may be the way for you to combine meditation with your exercise.

- Fully focus on the activity itself rather than the outcome.
- Don't think about why you're doing it; weight loss, lowering your cholesterol, or bringing those numbers on your annual blood work down into the normal range.
- Only focus on the activity itself and the rhythmic synchronization of movement and breath in the present moment.
- If possible, leave the watch at home. If not, set your alarm and walk until it goes off, then return to where you started.

We have all been aware of the health benefits of walking for a long time. The practice of walking meditation is now something you can do to improve your mindset and wellbeing.

All these benefits just from exercising!

And it's fantastic that walking is our exercise of choice. Get outside and enjoy its benefits.

Your Next Step:

Make a conscious effort to truly feel the movement of your body and its connection to your mental wellbeing. Begin by doing the [Odd-Number Breathing Pattern](#) on each walk.

Also Read: [How to Problem Solve While Walking](#)

“Walking on this planet is a joy. Mindful walking allows us to be aware of the pleasure of walking. We can keep our steps slow, relaxed, and calm. There is no rush, no place to get to, no hurry. Mindful walking can release our sorrows and our worries and help bring peace into our body and mind.”

Thich Nhat Hanh, Buddhist monk, and author of over 100 books on Zen



The Core-Four Bodyweight Exercises

While the current push to walk 10,000 steps a day is a benefit to your physical health, my feeling is the real benefit is to your mindset, outlook on life, and positive feelings about yourself.

By combining walking and fitness movements, you will:

- Increase your heart rate throughout the workout
- Burn more calories during the workout
- Build muscle, which will lead to more calories burned after the workout is over.
- Raise your resting metabolic rate which leads to more calories burned even after your workout has ended.

“Walking quiets my mind and allows me to think deeper, with more clarity, and to be more creative with solutions to pressing issues that are on my mind.”

-Frank Ring, Author

[Video Presentation & Resource Page by Frank S. Ring](#)

The Core-Four

1. Push-ups

Targets the chest muscles, shoulders, triceps, and abdominals.

Focus on keeping your body in a straight alignment and your core muscles engaged.

Place your hands under your body just below your shoulders and push yourself up off the floor.

[Video: 11 Benefits of Pushups for a Stronger Body](#)



2. Squats

Squats build your leg muscles including quadriceps, hamstring, and calf muscles.

Keep your feet shoulder width apart and slowly lower your butt down. Try to get as low as possible in a controlled movement. Return to the standing position. Feel yourself push back up from the heels of your feet.



3. Shoulder Planks

Targets the abdominal muscles, glutes, and hamstrings. Supports proper posture and improves balance.

Place your arms under your body and with elbows bent. Keep your whole body raised off the floor.

Keep your back and leg straight. Hold this position for 40 seconds.



4. Lunges

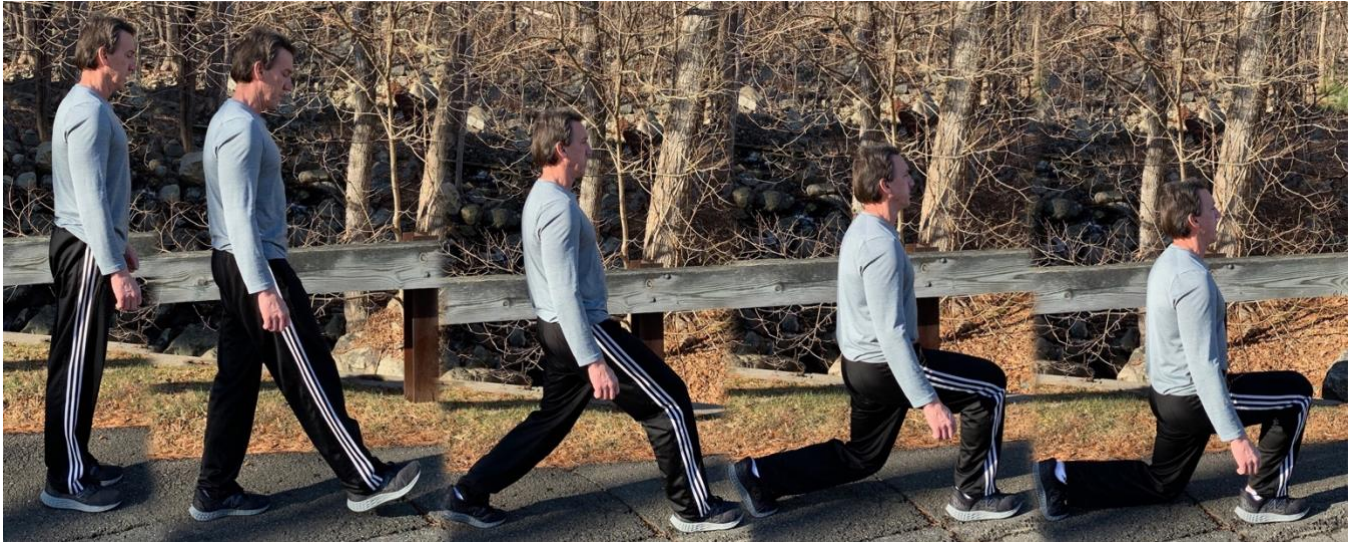
Step forward with one leg and drop the back knee down to the ground.

Push off front leg to return.

Targeted muscles include:

Glutes, hamstrings, quadriceps, calf muscles, and abdominal muscles.

Back muscles work as stabilizers during this exercise.



For more information watch the following videos:

- [11 Benefits of Push-ups for Your Body](#)
- [Supercharge Your Fitness and Build Bodyweight Strength While Walking](#)
- [How to Determine Your Walking Intensity with the Talk Test](#)

Stretching

Stretching is an important part of any walking or general fitness routine, but please remember that stretching for 99% of the population is just to get to the point of moving freely and without discomfort.

Everyone has different flexibility in his or her joints and muscles, so if you can't replicate the stretch that an Olympic gymnast can do, that's quite all right; very few people can.

Just focus on feeling comfortable and loose. If you're just starting out, this may take a while...that OK, it will come with consistency.

Stretching helps maintain flexibility, which is how far you can comfortably move your joints. Without stretching, your tendons shorten and tighten.

Flexibility is key to good walking posture.

Good flexibility makes your moves more graceful, free, and fluid.

Flexibility can correct muscle imbalance.

Walking for Health and Fitness Rules for Stretching:

- Hold each stretch for a slow count of 20-30.
- As you hold, take at least two deep breaths.
- Stretch **AFTER** your walk as your muscles will be pliable and more receptive to stretching.
- Focus on the muscle you are stretching and how it feels.
- Stretching should **NEVER** cause pain.
- Stretch to the point of mild tension.
- Always stretch after every walk.
- Pay special attention to muscles that feel tight.

Stretching Routine

- Neck Stretch
- Shoulder Stretch
- Chest Expansion
- Lower Back Stretch
- Hamstring Stretch
- Quadriceps Stretch
- Calf Stretch
- Cat Stretch
- Kneeling Hip Flexor Stretch
- Butterfly
- Figure 4

Neck Stretch

Slowly rotate your head to the left then the right several times.

Next, slowly drop your chin down and then lift your head up and back. Do this several times.



Shoulder Stretch

Extend your right arm out in front of you then use your left hand to grab the outer part of the right elbow and slowly pull it across your body.

Repeat several times then switch arms.



Chest Expansion

Clasp your hands behind your back, head up, chest out, slowly move your hands away from your back. Hold for 20-30 seconds.

You will feel a stretch across the chest.



Lower Back Stretch- Standing

(hyperextension)

Place your hands on your lower back and slowly arch your back as you look up towards the sky.

*Doing this stretch throughout the day will help alleviate back tension and prevent lower back tightness which leads to back issues.



Lower Back Stretch – on floor (hyperextension)

Begin on the floor in the pushup position then slowly pick your upper body off the floor.

When beginning this movement start slow. You will gradually increase your range of motion as you perform this stretch over time.



Hamstring Stretch 1

Lean forward with your chest, with hands on your thigh. **Do not** “round the back”. Hold 20-30 seconds.

Perform this stretch several times on each leg.



Hamstring Stretch 2

Gently extend your leg up, hold and bring back down. Repeat several times for each leg.

For added range of motion, grab hold behind your extended knee and gently pull it towards you.



Quadriceps Stretch

Pull your heel towards your butt, then slide the knee back slightly.



Calf Stretch 1

Step forward and keep the back foot heel firmly planted on the ground.

Slow lean more forward and feel a stretch in the back leg calf.



Calf Stretch 2

Begin stretching the same as Calf stretch 1, then bend the knee to give a stretch to the shin and lower part of calf.



Cat/Cow Stretch

From your hands and knees, round your back and drop your head and chin down. Breathe and hold the stretch 20-30 seconds.

Then, arch your back and feel the stretch and hold for 20-30 seconds.



Kneeling Hip Flexor Stretch

The hip flexor is in the front of the thigh. Knee on one knee and lean back and hold for 20-30 seconds. Repeat on opposite leg.



Butterfly

Stretches the groin muscles.

Wedge your elbows against your knees and push down gently then lean forward slightly.



Figure 4 (sitting)

Stretches the piriformis muscle which is a small muscle located deep in the buttock.

If you have tightness in your either butt cheek then perform this stretch after your walk to relieve this tension.



Figure 4 (advanced)

Lay on your back with your feet flat on the floor. Put your right leg across your body and rest it on your left knee. Reach behind the left knee and gently pull towards you to feel the stretch in your butt.



Your Next Step:

Develop a stretching routine that you will perform after every walk and cool-down.

Thank You!

Thank you for allowing Walking for Health and Fitness to guide you through your Wellness Walking Challenge.

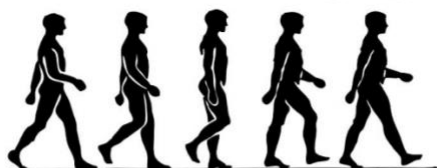
Visit my website at WalkingforHealthandFitness.com for more great walking, fitness, mindset, and nutritional information... all designed to get you fit and healthy.

Sign up for my email list and receive our quarterly [Walking Inspiration Newsletter](#) with the latest in walking news and information.

Walking Books by Frank S. Ring

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WALKING FOR HEALTH AND FITNESS



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

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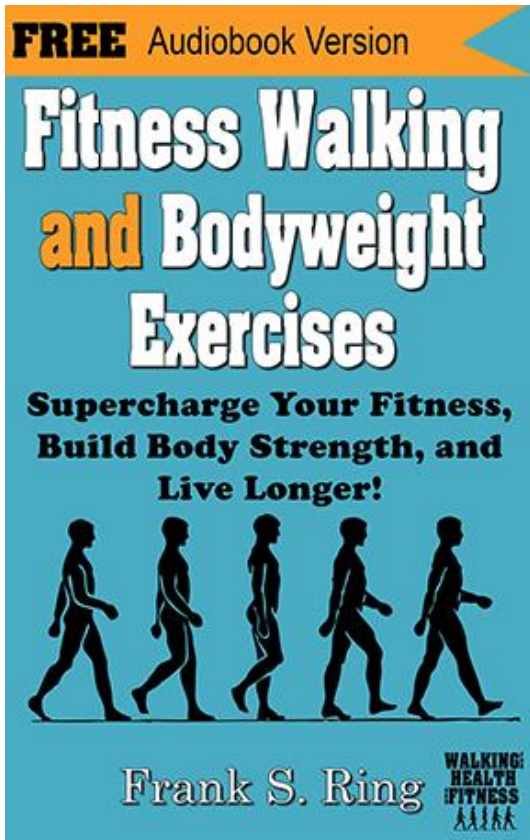
AN INVESTMENT IN YOURSELF!

Doctor's visits, prescriptions, lost time at work and the lessened quality of life due to preventable illness all add up to a significant sum of time and money.

As you go through this eBook, look at your time and effort as an investment in yourself.

Let me repeat that: As you go through this eBook, look at your time and effort as an investment in yourself.

What could be better than that? Your health, happiness, and life depend on it!



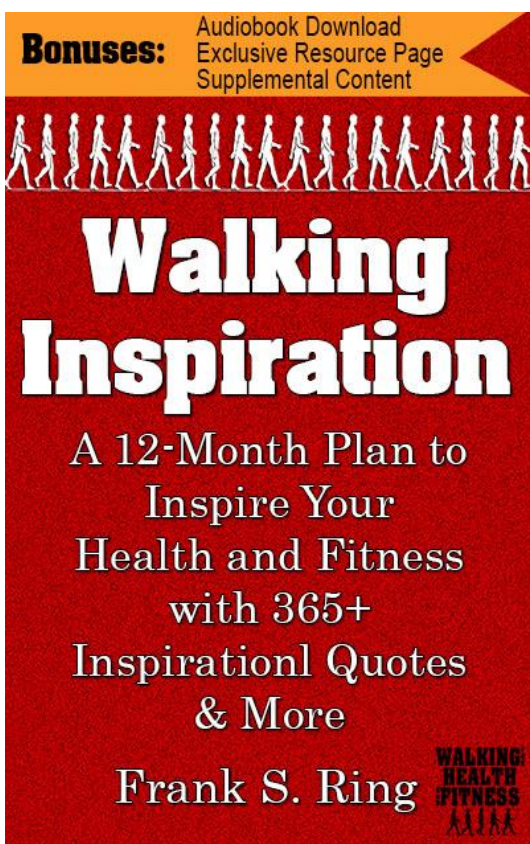
Fitness Walking and Bodyweight Exercises Available at Amazon

[Click Here to Order](#)

A Personal Note from Frank:

This book blends 21 years of coaching experience with my love of fitness and the need to overcome a serious back injury. That's why I've put together Fitness Walking and Body Weight Exercises.

It is my intention to get you walking, exercising your body, and helping you create a positive mindset.



Walking Inspiration: A 12-Month Plan to Inspire your Health and Fitness with 365+ Inspirational Quotes and More

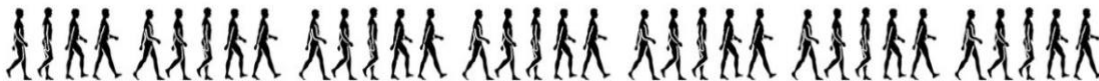
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This is more than just a quote-a-day book! You can begin this book on any date of the year. There is no set order in which to apply each monthly lesson.

Let 365+ Daily Inspirational Quotes and a 12-Month Plan inspire you to good health and fitness through walking, exercise, and mindset.

Walking Programs by Frank S. Ring

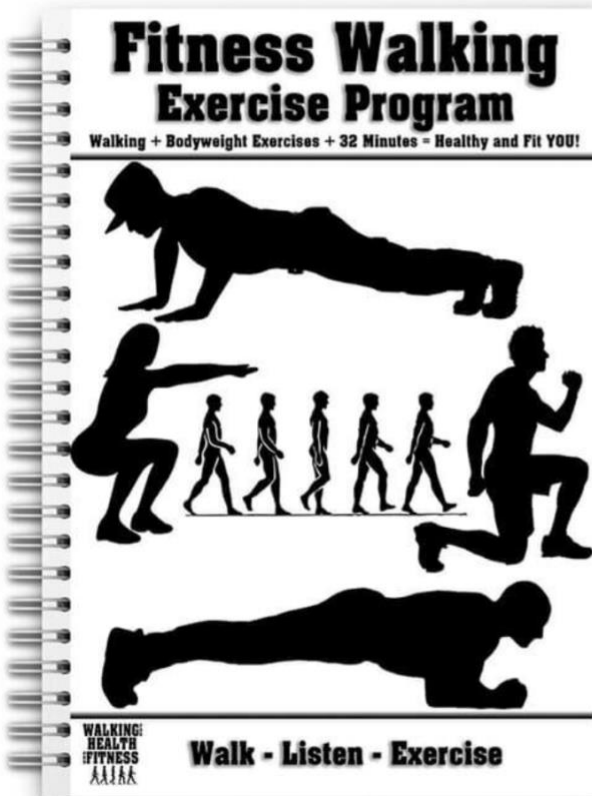
Pleasure Walking Exercise Program The Mind-Body Connection



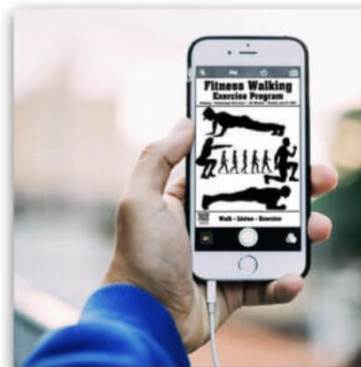
->> [Click for more information](#)

The Fitness Walking Exercise Program

[Get More Information](#)



This program is designed to get you in shape by pushing your body a little at a time. My goal is that you enjoy the Fitness Walking Exercise Program today, tomorrow, and well into the future.
Walk on,
Frank



Just walk, listen, and exercise!

->> [Click for more information](#)