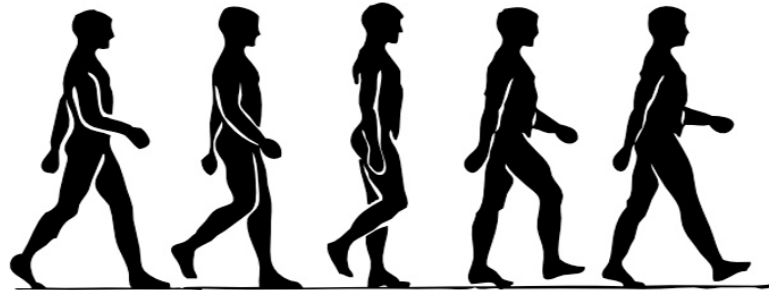


Walking for Health and Fitness

Frank S Ring

Press Information

**WALKING FOR
HEALTH
AND FITNESS**



The Easiest Way to Get in Shape and Stay in Shape

About Walking for Health and Fitness

<https://www.walkingforhealthandfitness.com>

Walking for Health and Fitness is a health, fitness, and wellness website. We publish books, quarterly newsletter, digital programs, and videos dedicated to walking and all the physical, emotional, and spiritual benefits that come from it to achieve a healthy, balanced lifestyle!

Our mission is to assist you in:

- Developing a consistent routine in preparing to walk
- Developing good fitness routine habits
- Develop a clear mindset for creativity and problem solving
- Enjoying the walking lifestyle

“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, and walking is gentle on your muscles, joints, bones, and your mindset. Walking is the easiest way to get in shape and stay in shape” -Frank S. Ring

Contents

About Frank S. Ring	3
Walking Books.....	5
Walking Inspiration Newsletter.....	6
Walking Programs	6
Testimonials	7
YouTube Videos	9
Frank S. Ring – Podcast Appearances	10
Social Media.....	11



About Frank S. Ring

Walking for Health and Fitness: The Easiest Way to Get in Shape and Stay in Shape

Frank Ring is the author of *Walking for Health and Fitness: The Easiest Way to Get in Shape and Stay in Shape*. On 10/22/21, the book was the #1 best-selling walking book in Amazon's Digital Download category. The University of Indiana uses this book in a wellness course.



Frank also created a walking information webpage and booklet for the California Lawyers Association's August 2021 *Walking Wellness Challenge*.

He has authored two other books that focus on walking, *Fitness Walking and Bodyweight Exercises*, and *Walking Inspiration: a 12-month Plan to Inspire Your Health and Fitness*.

His Walking for Health and Fitness website and YouTube channel are dedicated to walking and the physical, emotional, creative, and spiritual benefits to achieve a healthy, balanced lifestyle!

Frank started his website, www.walkingforhealthandfitness.com, in 2019 after a severe back injury kept him out of work for four months. A death in his family caused emotional stress that added to his back issue. The combination of physical ailment and emotional stress caused Frank to look for alternative activities to help him heal from these events and prevent future injury.

"My daily walks were a way to get moving again to build strength in my legs and back. Little did I know that walking would change my future. Walking is the easiest way to get in shape and stay in shape. Add to it all the time you have to think, and it's the perfect exercise for a lifetime of good health."

Frank started his first business while still an undergraduate at William Paterson University. He sold that business in 1998 and began his second career as a teacher. He has spent the past 23 years at his high school alma mater teaching technology courses and has just completed his 21st season as the school's Cross-Country coach.

"I started teaching after being burned out by my business. I figured I'd give it a try and see what would happen, and it stuck! I wake up every day looking forward to a new adventure. I'm eager to spread the good word about walking for health, fitness, mindset, and creativity."

Frank credits coaching with giving him the interest to teach about the health benefits of being active and staying fit throughout one's lifetime.

He has a master's degree in Educational Technology and credits this experience with creating tutorials for his students that break down complex concepts into easy-to-follow instructions. Frank just released [issue #12 of his quarterly newsletter, Walking Inspiration](#).

Frank is proud of the two digital programs he has created for his walking audience. His ***Fitness Walking Exercise Program*** emphasizes using bodyweight exercises during your walk to supercharge your fitness and mindset. In this 32-minute workout, Frank guides the listener through the program with instructions and affirmations.

His **Positive Mindset Walking Program** emphasized guiding his listener using affirmation audio tracks while walking and soft, calm music.

"Walking is great for stimulating our creativity. By slowing down, you can get more done." Frank says many of his best ideas came during his walks, with many breakthroughs coming at the end of a long walk. Walking stimulates creativity and imagination.

Frank adds, "Exercise "lights up" the **hippocampus**, which stimulates the imagination and encourages thoughts of future possibilities. The **hippocampus** is the root of creative and inspirational thinking. Steve Jobs and many other creative types relied on walking to enhance their imaginations. Jobs' walking meetings became part of his workday. In a recent study, a person walking that is walking - whether on a treadmill facing a blank wall or walking outside in fresh air - **produced twice as many creative responses** compared to a person sitting down."

Frank says, "the next time you need a solution, get out on a long walk and just let it go and see what happens. Have your notebook ready to capture the magic."

"I'm eager to spread the good word about walking for health, fitness, mindset, and creativity."

Lastly, Frank is the father of a teenage son, now a college sophomore studying Chemistry at George Mason University.

-> Frank is available for podcast guest spots, news interviews, and presentations.

-> [Request Frank's exclusive download: 20 Inspirational Quote Presentation](#)

Contact Frank:

[Frank S. Ring](#) | [Walking for Health and Fitness](#) | [Amazon Author Page](#)

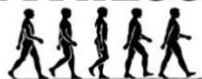


Walking Books

All my walking books include a supplemental guide of extra information, a web page to keep my readers up to date, and the audiobook version to listen to while walking.

FREE Audiobook Download

WALKING FOR HEALTH AND FITNESS



The Easiest Way to Get in Shape and Stay in Shape

Frank S. Ring

FREE Audiobook Version

Fitness Walking and Bodyweight Exercises

Supercharge Your Fitness, Build Body Strength, and Live Longer!



Frank S. Ring

WALKING HEALTHY FITNESS

Bonuses: Audiobook Download
Exclusive Resource Page
Supplemental Content



Walking Inspiration

A 12-Month Plan to Inspire Your Health and Fitness with 365+ Inspirational Quotes & More

Frank S. Ring

WALKING HEALTHY FITNESS

[Walking for Health and Fitness: The Easiest Way to Get in Shape and Stay in Shape.](#)



Kristy Agresta

★★★★★ **Encouraging and informative read!**

Reviewed in the United States on November 27, 2019

Format: Kindle Edition | **Verified Purchase**

Walk for Health and Fitness was informative and encouraging when describing the physical and mental health benefits of walking. The book was clearly researched and evidenced based. It points out the little, easy things that we can do on a daily basis to help stay healthy and well. I would definitely recommend reading it for anyone who has interest in bettering their life!

One person found this helpful

Helpful

Comment

Report abuse

[Fitness Walking and Bodyweight Exercises: Supercharge Your Fitness, Build Body Strength, and Live Longer](#)

Bob (@frontier.com)

A day ago on Amazon Release of Fitness Walk...

The fitness routine #2 in this book does it all, cardio and strength, and is really all anyone would really need to obtain and maintain good fitness. I tried to no avail to write a review on Amazon, but they said that a certain criteria had not been met, whatever that means. At any rate, what is great about your program, Frank, is that it is adjustable for everyone, the intensity is up to the individual, so you are competing with no one except yourself, and you are not having to try to match some unreal numbers that many "gurus" want you to do. As you know, I have recommended your program to many people, and will continue to do so, as it is simple, doable, and very effective.

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



leehonor everson

★★★★★ **Good book, but follow on support by author amazing**

Reviewed in the United Kingdom on June 17, 2020

Verified Purchase

Walking Inspiration Newsletter



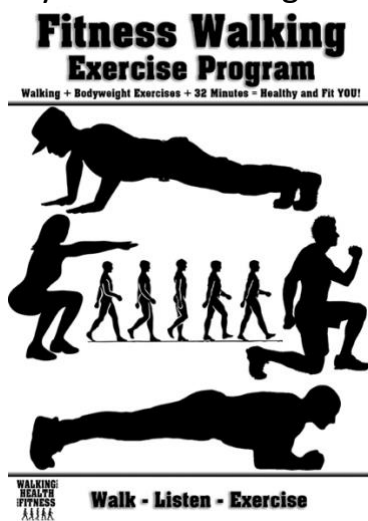
My Walking Inspiration quarterly newsletter is a labor of love. It's my way of giving my audience a little extra information when they share their email address with me.

Each issue is written with the upcoming season in mind and gives me the opportunity to research more timely topics to share with my audience.

[Download issue #12 Winter 2020-21](#)

Walking Programs

My walking programs include a comprehensive program booklet and audio tracks to guide my audience through a complete walking workout.



Squarespace

Inbox - frgtrust 11:59 AM

S

New Comment on 11 Reasons to Love Walking

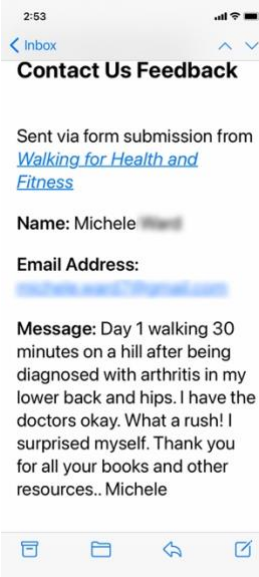
To: Frank Ring,

Reply-To: no-reply@squarespace.info

New comment from **Bob** on [11 Reasons to Love Walking](#):

Frank, your program is doing wonders for me, and two of my contacts on the New Pushups Forum have purchased your program. I recently had a checkup with my doctor, he said that I am in great shape for a young lad approaching 80, and he asked what kind of exercise I was doing. I told him about your great program and told him I heartily recommend it. He said he would check it out. As I have told you before, I have seen programs come and go, from "no pain, no gain", and so many others that have come and gone, but overall your program is really doable and maintainable for people of all ages.

Sent via [Walking for Health and Fitness](#)



Testimonials

California Lawyers Association:

My organization, the California Lawyers Association, recently hosted a virtual walking challenge to benefit the health and wellness of our members. As part of the challenge, I wanted to provide our members additional support and resources as we walked 950+ miles virtually down California.

Thankfully, in my search, I found Frank Ring. I stumbled upon his website and was instantly drawn to his story and commitment to his health (and his students). His information was not only digestible, but fascinating and inspiring. I messaged Frank and we had a call about our challenge and what he might be able to provide for our members.

Frank went above and beyond for us. He created a video and webpage full of resources. He was incredibly prompt and so enthusiastic and passionate. If you have a desire to get walking, or already have a love for walking, I encourage you to message Frank, check out his website, and all his resources. **-Sara Rief**

Squarespace Inbox - frgrust 11:59 AM

New Comment on 11 Reasons to Love Walking

To: Frank Ring,

Reply-To: no-reply@squarespace.info

New comment from **Bob** on [11 Reasons to Love Walking](#):

Frank, your program is doing wonders for me, and two of my contacts on the New Pushups Forum have purchased your program. I recently had a checkup with my doctor, he said that I am in great shape for a young lad approaching 80, and he asked what kind of exercise I was doing. I told him about your great program and told him I heartily recommend it. He said he would check it out. As I have told you before, I have seen programs come and go, from "no pain, no gain", and so many others that have come and gone, but overall your program is really doable and maintainable for people of all ages.

Sent via [Walking for Health and Fitness](#)

Top Reviews

Morgan

★★★★★ I highly recommend!

Reviewed in the United States on November 28, 2019

Format: Kindle Edition **Verified Purchase**

This book is filled with great information! The fitness center where I was a member for several years, just closed down. Although I hadn't been consistent with attending workout sessions recently, my goal was to get back into a routine again. Walking for Health and Fitness has provided me with a way to exercise that's free and easy to do. Frank Ring is so knowledgeable. I highly recommend reading his book and taking his advice to improve your health and well-being!

2 people found this helpful

Helpful

Comment

Report abuse

Kristy Agresta

★★★★★ Encouraging and informative read!

Reviewed in the United States on November 27, 2019

Format: Kindle Edition **Verified Purchase**

Walk for Health and Fitness was informative and encouraging when describing the physical and mental health benefits of walking. The book was clearly researched and evidenced based. It points out the little, easy things that we can do on a daily basis to help stay healthy and well. I would definitely recommend reading it for anyone who has interest in bettering their life!

One person found this helpful

Helpful

Comment

Report abuse

Jennifer V.

★★★★★ Must read

Reviewed in the United States on November 26, 2019

Format: Kindle Edition **Verified Purchase**

Easy to read; very informative and great help to get myself and my parents! motivated to walk for health and fitness!!!! Must read!!!!

One person found this helpful

Helpful

Comment

Report abuse

2:53

Inbox

Contact Us Feedback

Sent via form submission from

[Walking for Health and Fitness](#)

Name: Michele

Email Address:

Message: Day 1 walking 30 minutes on a hill after being diagnosed with arthritis in my lower back and hips. I have the doctors okay. What a rush! I surprised myself. Thank you for all your books and other resources.. Michele

Bob @frontier.com)

A day ago on Amazon Release of Fitness Walk...

The fitness routine #2 in this book does it all, cardio and strength, and is really all anyone would really need to obtain and maintain good fitness. I tried to no avail to write a review on Amazon, but they said that a certain criteria had not been met, whatever that means. At any rate, what is great about your program, Frank, is that it is adjustable for everyone, the intensity is up to the individual, so you are competing with no one except yourself, and you are not having to try to match some unreal numbers that many "gurus" want you to do. As you know, I have recommended your program to many people, and will continue to do so, as it is simple, doable, and very effective.



David Colman · 1 week ago

I'm starting my 4th week of walking & your videos are a great help. Full of good info and inspiration. Thanks.

REPLY

1 reply ^



1



Walking for Health and Fitness · 1 second ago

So happy for your progress! Thanks for watching and commenting. "Slow and steady wins the race" -- That's what I love about using walking as my go to fitness activity. Keep up the good work David!

REPLY



leehonor everson

★★★★★ **Good book, but follow on support by author amazing**

Reviewed in the United Kingdom on June 17, 2020

Verified Purchase

I have recently developed a massive love of walking during lockdown, and now cannot go a day without a getting out amongst recently discovered roads, tracks and byeways. This book is quite basic and sometimes repetitive, but really inspiring and informative. I dip into it whenever I need a bit of motivation to get out and walk. The best thing, though, is that you can sign up to the newsletter and get daily emails and downloads that keep you enthused. For a small outlay you get a great package

Top Reviews



Leanne Tansey

★★★★★ **Great fitness read to help put you on track in the new year...**

Reviewed in the United States on December 31, 2019

Format: Kindle Edition | Verified Purchase

Frank has done it again and this book is a great introductory in taking your walking up a notch. He provides in depth exercises to even better get your blood flowing while walking. Incorporating your body weight to complete the "Core Four" exercises- planks, squats, push ups and lunges will help to tone the full body. I love how much this book is filled with useful fitness and health information on every page- information I would have never known about without reading this book! Great read if you're looking for some motivation going into 2020.



Susan

★★★★★ **Anyone can do this!**

Reviewed in the United States on December 8, 2019



leehonor everson

★★★★★ **Good book, but follow on support by author amazing**

Reviewed in the United Kingdom on June 17, 2020

Verified Purchase

Contact:

[Frank S. Ring](#) | [Walking for Health and Fitness](#) | [Amazon Author Page](#)



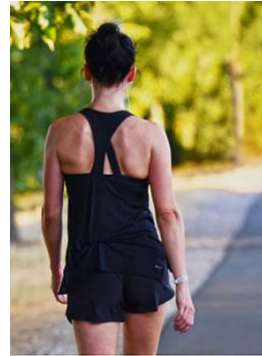
YouTube Videos

[Walking for Health and Fitness](#) YouTube Channel

Videos by Frank S. Ring:



[11 Benefits of Push-Ups for Your Body](#)



[21 Benefits of Walking for Health and Fitness](#)



[15 Minute Longevity Mindset Music & Learn to Increase Walking Speed](#)



[15-Minute Walking Mindset Transformation](#)

Frank S. Ring – Podcast Appearances

Podcast Appearances

[The Know Like Trust Podcast](#)

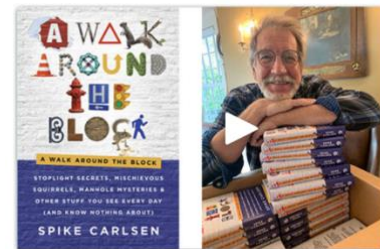
[Walk On To Clarity with Frank Ring -Ep 9](#)



38 min

PLAY ►

[YouTube \(Frank as an interviewer\) with author Spike Carlsen](#)



More to come in 2022!

-> [Request Frank's exclusive download: 20 Inspirational Quote Presentation](#)

Social Media

Follow Frank S. Ring and Walking for Health and Fitness to get more information on the many benefits of walking! Also, contribute your story to our social media platforms!



[Walking for Health and Fitness Program](#)



[Walking for Health and Fitness](#)



[WalkingManFrank](#)



[Walking for Health and Fitness](#)



[Walking for Health and Fitness](#)



[LinkedIn](#)

-> [Request Frank's exclusive download: 20 Inspirational Quote Presentation](#)

Contact:

[Frank S. Ring](#) | [Walking for Health and Fitness](#) | [Amazon Author Page](#)

