

# WALKING INSPIRATION

walkingforhealthandfitness.com

ISSUE 4

FALL, 2019



Things to Do on the Road this Fall  
Walking, Entertainment, & Your Brain  
Add Squats to Your Next Walk for Greater Fitness  
Reasons to Love Coffee  
...and more





## Walking for Health and Fitness

-- The Newsletter: Fall, 2019 --

*Frank Ring*

[WalkingForHealthAndFitness.com](http://WalkingForHealthAndFitness.com)

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**Caution:**

The Information contained within this magazine 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

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# THE WALKING FOR HEALTH AND FITNESS MISSION

## **Walking for Health and Fitness**

Walking for Health and Fitness is a health, fitness, and wellness website, e-book, magazine, and digital program dedicated to walking and all the physical, psychological, and spiritual benefits that come from it in order to achieve a healthy, balanced lifestyle!

Walk On,  
Frank Ring

## **Walking for Health and Fitness Goals:**

- Assist you in developing a consistent routine in preparing to walk
- Assist you in developing good eating habits
- Assist you in developing good fitness routine habits
- Assist you in enjoying the walking lifestyle

# Message from Frank

"Autumn...the year's last, loveliest smile."

— **John Howard Bryant**

Ah, Autumn! Cooler weather and the glorious colors all around. Fall offers up some great walking weather and a great excuse to travel to a local park and walk under the falling leaves. Take advantage of the opportunity to photograph the changing colors while staying fit and adding more miles to your walks.

To get your walking off on the right foot, read *Things to Do on the Road This Fall* for suggestions on adding more enjoyment to your walks.

In *Walking, Entertainment and Your Brain*, you'll learn more about how humans evolved to move and how physical stress plays a role in our brain development and maintenance.

With less sunlight each day, reflective gear and headlamps are a must if you walk in the evening, *Safety on the Road this Fall* is a must-read to stay safe

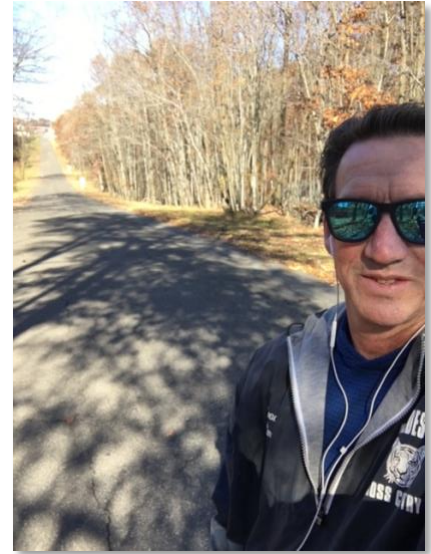
Boost your fitness by adding sets of bodyweight squats to your walk. *Fitness on the Road: The Squat* will show you the basics.

Ditch the store-bought energy bars and make your own with our quick and simple recipe. *Nutrition – WHF: Walk More Miles Health Bars* will show you just how easy this is to save money and treat yourself to a delicious snack.

The Warm-up and Cool-down will give you some great tips on getting the most from your walking routine this fall.

Lastly, get out in the glorious fall weather and walk more!

Walk on,  
Frank Ring



# The Warm-Up

## -Hydration is crucial even in the cool fall weather.

Your brain is about 73% water, so it stands to reason that keeping the brain hydrated is essential. Being dehydrated by as little as 2 percent may impair your ability to perform tasks that involve motor skills. Make sure you're drinking enough water. A good rule of thumb is the 8X8 rule of hydration, eight 8-ounce glasses of water each day.

## -More Reasons to Love Walk ([Continued from Summer, 2019](#))

**#12: Entertainment for Hours** – Walking gives you all the time in the world to entertain yourself via audiobooks, podcasts, music, and health & entertainment apps. (Read more: [Walking and Technology](#) pg. 11).

**#13: Fewer Cravings** – instead of reaching for the cookie jar, take a walk around the block! A brisk [15-minute walk](#) can reduce your urge to grab a sugary snack. Why? Moving around can block emotional triggers that prompt mindless snacking.

## -Read: [Benefits of Sleep: Nature's Nurse!](#)

The tagline of my Walking for Health and Fitness site is “the easiest way to get in shape and stay in shape.” Yes, I firmly believe that, but as you'll read, sleep is the easiest way to improve your overall health. If you need to get healthy, the quickest and easiest way is to get more sleep!

## -Why Collagen is Important

Collagen is the most abundant protein found in the human body. This is because collagen is a connective tissue, meaning it is a key element in the structural component of many parts of your body including your skin, muscles, tendons, and ligaments.

It's made up of essential amino acids including glycine, proline, hydroxyproline, and arginine. As a naturally occurring protein, it can be found in just about every part of the body including muscles, skin, blood, bones, cartilage, and ligaments. It can even be found in places you might not expect such as blood vessels, corneas, and teeth.



[Read more about the remarkable benefits of collagen supplements.](#)

# Things to Do on the Road This Fall

## Autumn Walking Health Benefits

Fall is a great time to be walking in the crisp air and bright sunny skies. your usually walking routes take on a whole new look with leaves turning to bright colors, then falling all around you and giving you a more open view of your surroundings.

While too many people stop walking after the summer season; with increased work demands, back to school, childcare, transportation responsibilities, and decreased sunlight hours, walkers “in the know” continue moving forward for the benefits of autumn walks.

### Autumn walking advantages

- 👣 Great views amid colorful autumn scenery
- 👣 Huge panoramas under bright blue skies
- 👣 Dramatic and breath-taking seascapes
- 👣 Seasonal bird migration
- 👣 Less crowded walking routes
- 👣 Beautiful misty mornings and golden sunsets
- 👣 Kicking up leaves on woodland hikes
- 👣 A nice warm cup of coffee after a day’s walking.

Being outdoors during the darker, chillier fall is good for your health and well-being. While walking, in general, is the easiest way to get in shape, stay in shape, and burn calories, it is also excellent at boosting your feel-good hormones. Walking increases serotonin levels, which can help to prevent depression and the traditional autumn and winter blues.

### Keep those walking shoes at the ready

So why do so many people hang up their walking shoes once summer is over and wait until the warmer days of spring-time to begin again? While some people cite increased work and family demands as a reason to stop walking, many believe that walking in fall and winter is more difficult than in summer due to weather conditions. I have found that autumn weather is generally more predictable and has many dry days with bright sunshine. So, walk on!

Read more: [29 Things to Do While Walking](#)

## Autumn Walking Tips

Although often bright and beautiful, the days can be chillier and shorter in autumn so it's important to be prepared when out walking.

- 👣 **What to wear:** Make sure you wear several light layers of clothing for maximum body warmth. Wear a good quality waterproof jacket, well-fitting sneakers, and pack extra clothing items in your fanny or backpack, such as gloves, hat, jacket, and spare socks.
- 👣 **Plan carefully:** Check the weather forecast. Start out earlier in the day if you will be walking a long way. Take into consideration the earlier sunsets. Always tell someone where you'll be walking and approximate return time.
- 👣 **Stock your pack:** Make sure you take a headlamp or flashlight, mobile phone, GPS gadget as well as snacks and water.



**Holmdel County Park  
Holmdel, NJ**



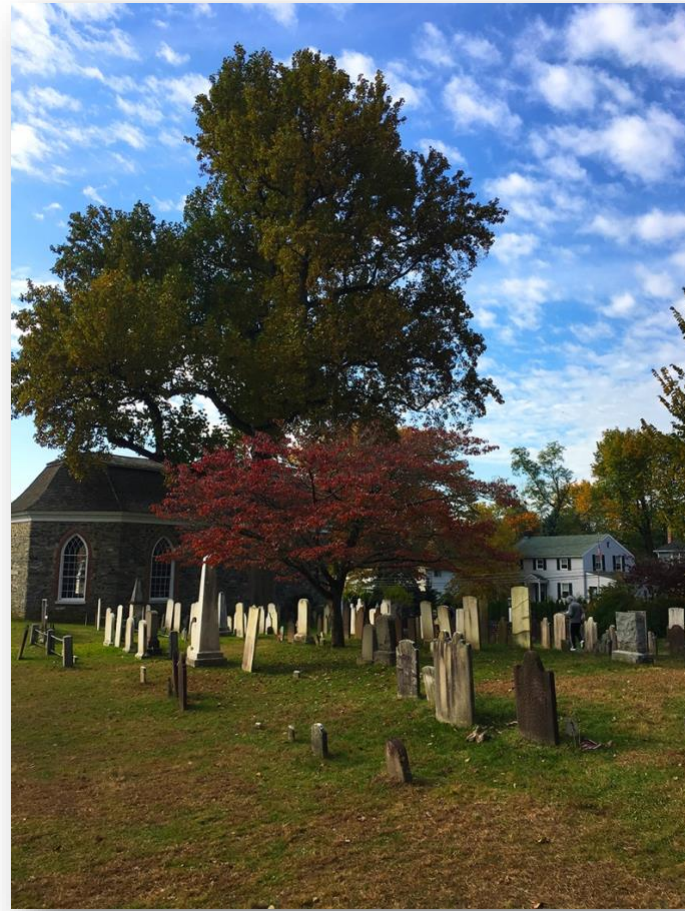
# Photos: What I See On the Road



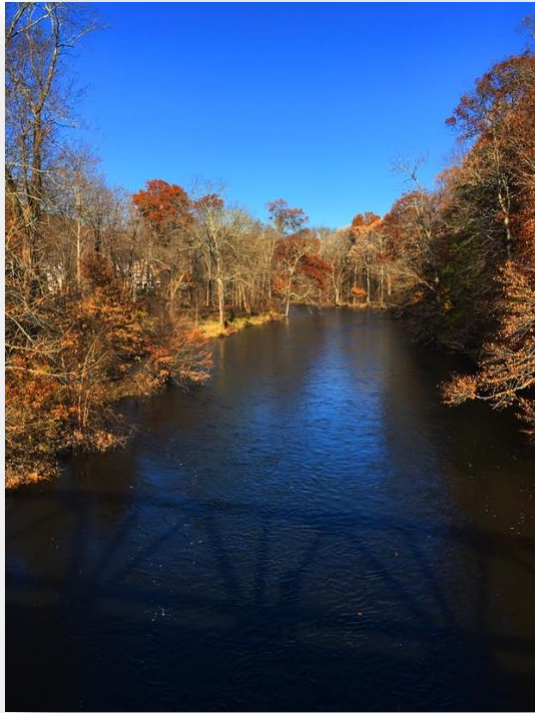
**Ramapo Mountain State Forest - Oakland, NJ**



**Walking with friends - Oakland, NJ**



**Sleepy Hollow Cemetery - Tarrytown, NY**



**Ramapo River - Oakland, NJ**



**The "Home Stretch"**



**Autumn Splendor - Ramsey, NJ**

# Walking, Entertainment, and Your Brain

Music, audiobooks, and podcasts... your entertainment options are limited only by your imagination. Walking gives you the time to be fully engaged with the various forms of entertainment.

Be honest, how many times have you tried sitting in your most comfortable chair to listen to music, an audiobook, or podcast...and what happened? If you're like me, you fell asleep! Walking keeps your body and mind engaged and primes your brain to be receptive to new information.




## **Improve Your Mind-Body Connection: To change your brain, move your body!**

Humans evolved to move; the acts of hunting, walking, running, foraging, and climbing all involved movement and encouraged brain growth that eventually separated us from other animals.

Physical activity stresses our brain in the same way that it stresses our muscles. Like active muscle fibers, neurons of the brain break down then recover to become stronger and more resilient with exercise.

## **How Physical Exercise Boosts Brainpower:**

- Boost Memory Retention & Learning Capacity
- Exercise increases the size of the **hippocampus** which is involved in the formation of new memories and associated with learning and emotion.
- The brain literally grows each time you exercise
- Different types of exercise affected different brain areas
  - Walking improves **spatial memory** (where you left your pen) and **episodic memory** (ability to recall events in your life)
  - Weightlifting improves associated memory (remembering names when you see a familiar face) along with spatial memory.
- Studies have shown just walking 35-minutes on a treadmill increases **cognitive flexibility** which allows us to shift thinking and switch between topics.
- Physical activity leads to **brain plasticity** – the ability of our brain to grow and change. 

## My New Favorite App:

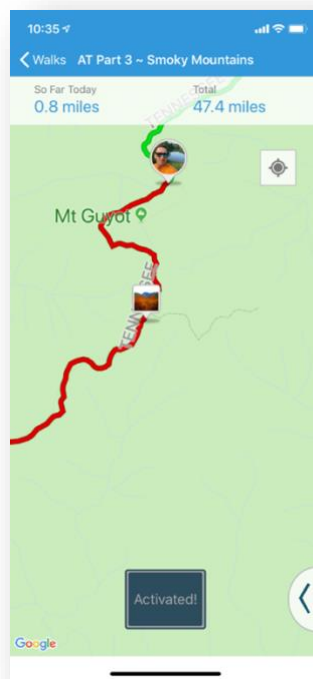
### [Walk the Distance](#)

I began using this app in August and love it!

The app uses the information from your Smartphone Health App and registers your walking distance on a trail map of the Appalachian Trail.

Your progress is updated instantly with miles walked and miles remaining to walk in each state.

You can also track and compare your progress to other walkers.



## The Last Audiobook I Listened to:

[If She Knew: A Kate Wise Mystery](#), Book 1  
by Blake Pierce:

Fifty-five-year-old empty nester - and freshly retired FBI agent - Kate Wise finds herself drawn out of her quiet suburban life when her friend's daughter is murdered in a home invasion - and she is implored to help.

This audiobook is so well written and performed. The miles flew by as I listened.

**I highly recommend it!**



## My New Favorite Podcast:

### [The School of Greatness: Lewis Howes](#)

The goal of the School of Greatness is to share inspiring stories from the most brilliant business minds, world-class athletes and influential celebrities on the planet to help you find out what makes great people great.



# Safety on the Road this Fall

## Reflective Gear and Headlamps

Taking precautions is a must when walking. Let's face it, you will most likely be walking in your neighborhood, and whether urban, suburban, or rural, a good deal of time will be spent on or very near a road.

Be alert while walking at night, and walking in un-crowded, isolated areas.

### Be Safe Be Seen

**Wear a reflective vest!** If you remember only one lesson from this newsletter please remember this, **A reflective vest will save your life.** Wearing a high visibility reflective vest will allow oncoming traffic to see you at a greater distance thereby reducing your risk of injury

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?

### Light Yourself Up

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.



[The Pleasure Walking Exercise Program](#)



### [Reflective Vest for Walking](#)

- ✓ Keep your electronic gadgets safe in the inside zippered pocket
- ✓ Customize the fit and size of the vest with the adjustable side closures
- ✓ You will be highly visible to oncoming traffic



### [GearLight LED Headlamp Flashlight S500](#)

SUPER BRIGHT & LONG-LASTING - Powerful U.S. developed XPG2 LED generates a powerful beam with daylight color and definition. Runtime of up to 45 hours on low and 3 hours on high.

# Fitness on the Road: The Squat

[Read more online](#)

Squats are one exercise that should be part of your workout routine – regardless of age, gender or fitness goals. Bodyweight squats target your quadriceps, hamstrings, calves, glutes, and abdominals.

Adding squats to your walking routine will improve your physical fitness and tone the muscles of your lower body and abs, and benefit your body in a multitude of ways. Whether you're looking to shed pounds, maintain mobility, or walk faster, the squat is for you.

**To perform a basic squat using only your own body weight, follow these steps:**

1. Stand with feet slightly wider than hip-width apart, with toes slightly turned outward.
2. Tighten up your core to stabilize yourself, then with your chest thrust upward, start to shift your weight back into your heels while pushing your hips behind you as you squat down.
3. Continue to lower yourself until your thighs are almost parallel to the floor. Your feet should remain flat on the ground, and your knees should remain over your second toe.
4. Keep your chest lifted and your feet on the floor, and exhale as you push yourself back up to standing. Feel yourself push back up from the heels of your feet.
5. Do 12-15 reps.

**Your Next Step:** Next time you are out for a walk, add a few sets of squats during your walk. Begin with 3 sets of 10 then increase the numbers as you feel more comfortable and your legs become stronger. Over time you can increase the numbers even more as you increase your flexibility



**[Order Today](#)**

**[Walkingforhealthandfitness.com](http://Walkingforhealthandfitness.com)**

## Squat Variations: Try different foot positions or jump as you rise up.

### The Basic Squat:

- Stand with feet slightly wider than hip-width apart, with toes slightly turned outward.
- Tighten up your core to stabilize yourself, then with your chest thrust upward, start to shift your weight back into your heels while pushing your hips behind you as you squat down.
- Continue to lower yourself until your thighs are almost parallel to the floor. Your feet should remain flat on the ground, and your knees should remain over your second toe.
- Keep your chest lifted and your feet on the floor, and exhale as you push yourself back up to standing. Feel yourself push back up from the heels of your feet.



### Jump Squat:

Follow the instruction for the Basic Squat then, Propel yourself off the ground by jumping up quickly.



### Sumo Squats:

Change your foot position to a wide stance to target various muscles.



**Foot Position: wide stance, toes pointed outward.**



# Fitness Walking Exercise Program

If I can show you how to save money and get in great shape in just 35-minutes per day, would you like to learn more?

**I'm sharing this with you because** studies published in both the Journal of the American Heart Association and The Lancet concluded that a person who exercises five times per week paid \$2,500 less in annual health care expenses related to heart disease than someone who did not walk or otherwise move for 30 minutes per day, five times per week!

## My Biggest Mistake

Let me tell you the mistake I make over nearly 4 years ago that cost me money by having to take a medical leave of absence from work and caused me a diminished quality of life.

I was a runner and lifted weights to improve my running performance, but all the miles I ran on uneven, rocky trails took its toll on my back and knees. Also, lifting improperly literally had me reeling on the ground.

Several months of physical therapy did little to alleviate the back pain. Lack of sleep caused me to be more irritable to my loved ones. I miss social engagements because I had difficulty sitting for any length of time.

The dreaded diagnosis finally came in... **it was a herniated disk!**

## My Salvation!

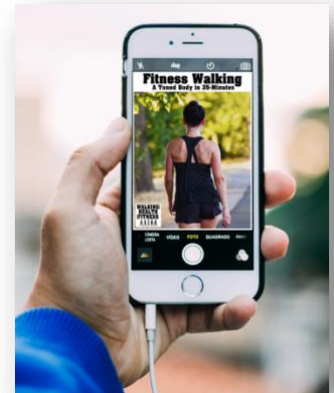
I began walking! I figured that if I could just get my moving again, then I'll transition back to running. Good game plan I figured...

BUT then, I discovered the best thing ever; I began to enjoy walking!

## The Big Revelation

I looked back on my running mileage training logs and added up the number of injuries I had **as a runner** and was floored at how often I had been hurt!

**Since walking exclusively**, injuries have been a thing of the past!



## Let's dispel the common complaint that "Getting into Shape is Expensive and Time-Consuming"

If the Fitness Walking Exercise Program saves you from making just one trip to the doctor this year, it would more than pay for the cost of the program.

You probably have an out of pocket co-pay that costs more than this program.

[The Fitness Walking Exercise Program](#) session takes just 35-minutes per day to complete.

## Walking is a low impact fitness exercise.

Walking is a natural movement that all but eliminates the risk of injury. You will complete a 40-second mini-fitness session every 4 minutes for a total of 32 minutes followed by a cool down!

The exercises are bodyweight movements so there is a near-zero risk of injury.

**Upbeat music** gets you pumped to walk!

**Affirmations** throughout the session will have you in feeling positive, focused, and motivated.

Your improved mindset about getting in shape will have you looking forward to each session. The four fitness movements exercise your whole body.

Get coached while you walk, get motivated while you walk, improve your fitness while you walk, and develop a positive mindset while you walk!



## Included in the Fitness Walking Exercise Program:

### 6 Audio Tracks

- i. Introduction to Fitness Walking (3:55)
- ii. The warm-up (7:20)
- iii. The Fitness Walking Exercise Session with Affirmations (35:43)
- iv. The Fitness Walking Exercise Session -Music only (35:43)
- v. The Cool-down (4:55)
- vi. Thank You! (1:02)

**Bonus #1:** 70-page Fitness Walking Exercise Program Booklet

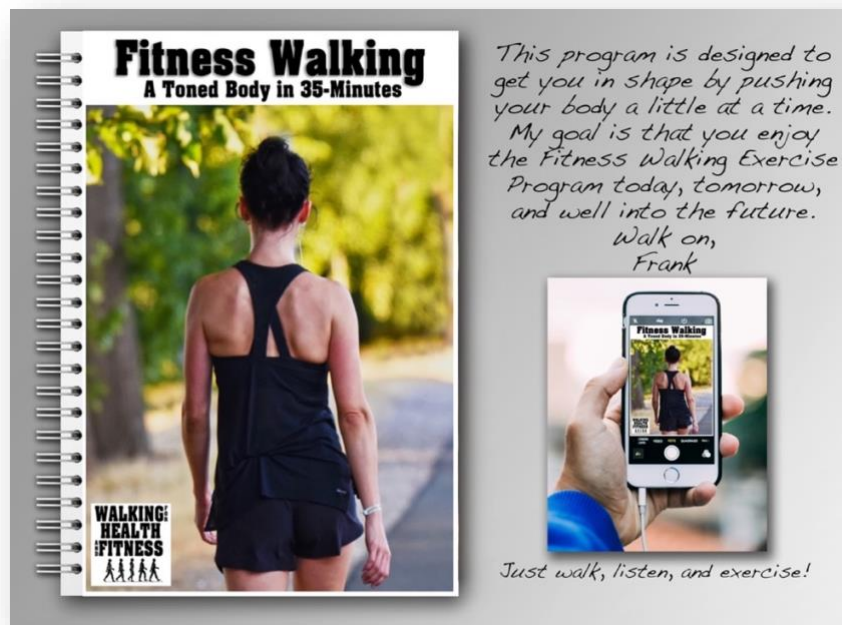
**Bonus #2: Audiobook version** of the Fitness Walking Exercise Program Booklet (1:30:18).

Listen to the audio-booklet while you pleasure walk.

**Bonus #3:** Track Your Progress Worksheet

**The Fitness Walking Exercise Program was designed to have you do 40 seconds of a fitness movement within every 4-minute interval!**

Doing bodyweight exercises which greatly reduce the risk of injury. Tone your arms, legs, abs, back, and shoulders with very little risk of injury by doing: **Pushups, Squats, Shoulder Planks, and Lunges.**



Join those that have made tremendous positive changes in their lives.  
Invest in yourself now! You deserve the very best!

**Buy Now!**

[\*\*Order the Fitness Walking Exercise Program\*\*](#)

# Nutrition – Walk More Miles Health Bars

## [Walk More Miles Health Bars](#)

I love this meal bar because—it's so versatile and easy to make! Have them on-hand for a quick meal, snack, and even travel food. Of course, they are a great dessert. In addition to a low glycemic easy to digest meal, a complete protein, and healthy fats, they are delicious!

### Ingredients

- 3 cups whole almonds
- 1/4 cup Chia seeds
- 1 scoop powdered protein powder mix<sup>1</sup> (vanilla)
- 4 tablespoons pure powdered cocoa
- 1/2 cup raisins<sup>2</sup>
- Pinch of sea salt
- 1/3 cup honey
- 1/3 cup hot water
- 1-2 teaspoons vanilla

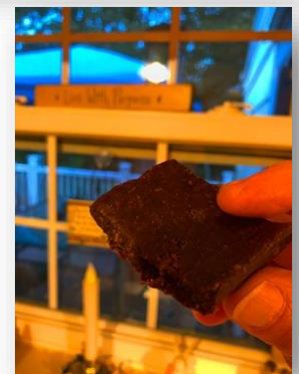
<sup>1</sup> Using protein powder may also aid weight management, muscle growth, recovery after exercise, and added nutrition. There are many different types of protein powder, including dairy-based and plant-based powders.

<sup>2</sup> For variety, you can chop up shredded coconut or slice up prunes into smaller pieces and substitute them for the raisins.

### Directions

- Grind almonds and Chia seeds.
- In a separate bowl mix honey, hot water, and vanilla, then blend into dry ingredients and mix well (you may have to mix it all by hand if your mixer isn't efficient).
  - If the batter is too wet add a more of the dry ingredients; if too dry add a bit more liquid.
- Adjust the water/honey ratio for less or more sweetness.
- Put the batter onto a baking sheet lined with parchment paper. Place another sheet over the batter and flattening it down to about one-half to one inch thick.
- Refrigerate for a few hours then cut into squares using a pizza cutter.
- Keep refrigerated (they'll still last a week or more out of the refrigerator).

While the initial cost of the ingredients may seem high, you will get many servings of each which will lower the cost over time.



Order through Amazon and Save!



[Jansal Valley Whole Unblanched Almonds, 1 Pound](#)



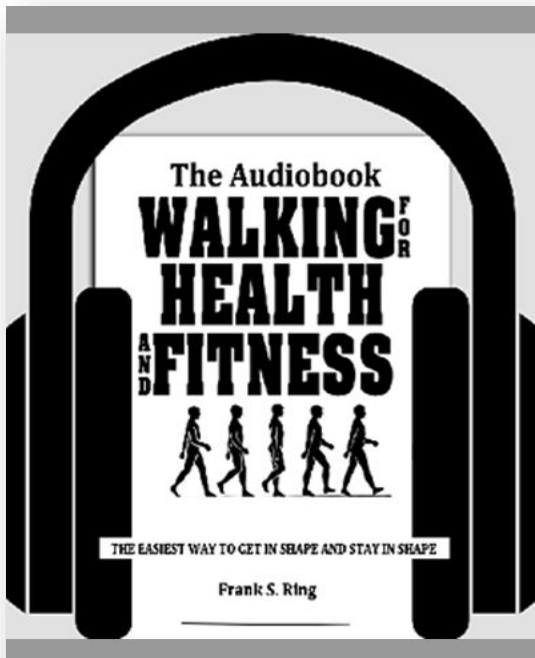
[Cellucor Whey Protein Isolate 28 Servings](#)



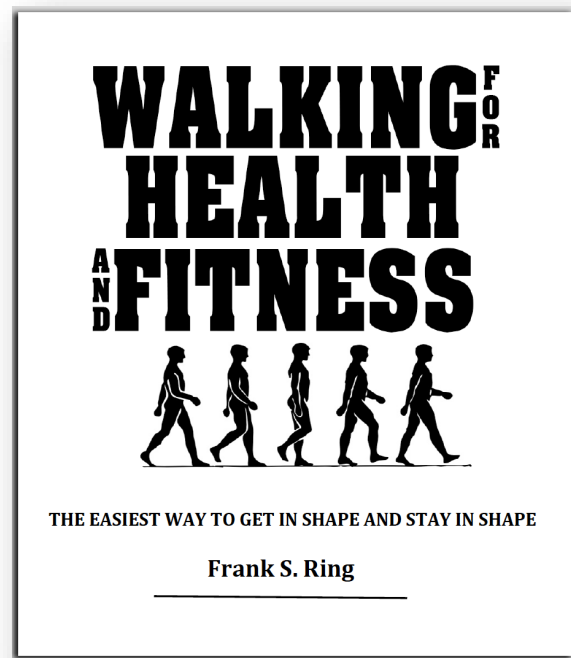
[Nutiva Organic, Premium Black Chia Seeds, 32-ounce](#)

[Check out more nutritional information from Walking for Health and Fitness](#)

Order Today  
Walk – Listen – Connect



[Walking for Health and Fitness: The Audiobook](#)



[Walking for Health and Fitness: The eBook](#)

# The Cool-Down

## FAQ's: Ask Frank

**I walk during the shorter daylight period, what should I know?** Always keep a flashlight/headlamp and reflective vest in your fanny or backpack. So often we walk the same routes we walked during the long summer daylight period but as September turns to October, the sun sets earlier, and you may be caught out on the road as the sun goes down. A reflective vest is a must to wear. Just think about how many times you were in a car and didn't see a pedestrian until the very last moment. Also, carrying a flashlight will aid you to see where your feet strike the road surface. Don't become a statistic!

**How do I measure my walking speed?**

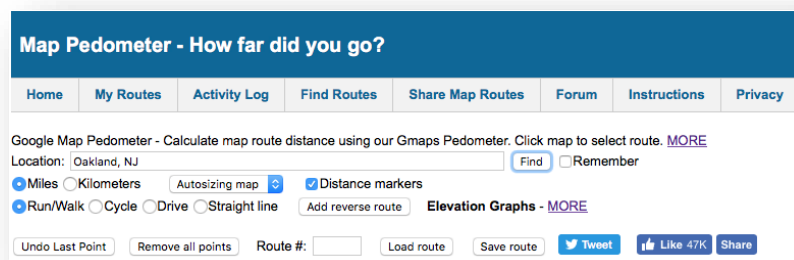
- Start your watch, begin walking, then note where you have stopped after 10 minutes.
- Time yourself over the same route once per month.
- You will be pleasantly surprised at how much further you walk in 10-minutes each time you complete this exercise!

Read: [INCREASE AVERAGE WALKING SPEED WITH MORE "STEPS"](#)

## The Home Stretch

Fall is a great time to walk! The cooler weather and autumn colors make walking this time of year a real joy. Just going out for a short [15-minute walk](#) each day will improve your health. Several, new studies have shown that walking at least fifteen minutes every day can add seven years to your life. So, if you are faced with a time crunch, taking a 15-minute walk could get you the same benefits.

Take some minor precautions before heading you on your next walk will make the experience that much more enjoyable. Plan your route via an online website like [Mappedometer](#), drink plenty of water before and during, wear a reflective vest and carry a headlamp in the evening, carry a nutritious meal bar on the longer walks, and add some form or fitness exercise such as several sets of squat and you will supercharge your walk.



The screenshot shows the 'Map Pedometer - How far did you go?' website. It features a navigation menu with links for Home, My Routes, Activity Log, Find Routes, Share Map Routes, Forum, Instructions, and Privacy. Below the menu, there is a text input field for 'Location' with 'Oakland, NJ' entered, and a 'Find' button. There are also radio buttons for 'Miles' (selected) and 'Kilometers', and a 'Distance markers' checkbox (checked). Other options include 'Run/Walk' (selected), 'Cycle', 'Drive', and 'Straight line'. At the bottom, there are buttons for 'Undo Last Point', 'Remove all points', 'Route #:', 'Load route', 'Save route', 'Tweet', 'Like 47K', and 'Share'.

Follow **Walking for Health and Fitness** and get more information about 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](#)



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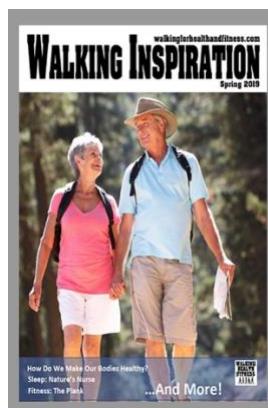
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[Issue #2 Spring, 2019](#)



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