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WALKING INSPIRATION

ISSUE 11

Fall 2021



**WALKING
FOR
HEALTH
AND
FITNESS**




Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 11, Fall 2021

Frank S. Ring

WalkingForHealthAndFitness.com

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PO Box 1208
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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. We publish books, a quarterly newsletter, and digital programs dedicated to walking and all the physical, emotional, 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 are to assist you in:

- Developing a consistent routine in preparing to walk
- Developing good eating habits
- Developing good fitness routine habits
- Enjoying the walking lifestyle

Message from Frank

Ah, the fall! Cool crisp air and colorful leaves are falling from trees. Now's a time to reevaluate your health and fitness after a summer of barbeques, eating out, and vacation overindulgence. But the renewed focus on health and wellness comes when there are fewer daylight hours to get a good long walk in. What are we to do?



In this edition of *Walking Inspiration*, I cover several topics related to keeping fit in the fall.

Benefits of Long Walks gives a rundown of why going longer is a must in any walking program. *7 Habits That Will Change Your Life* will help you build upon the positive aspects in your life and give you suggestions to overcome the challenging times you may be facing. *Walking with Less Sunlight* will provide you with information on dealing with Seasonal Affective Disorder (SAD). I've also included excerpts from two of my walking books to help you stay motivated, while in the *Home Stretch*, I write about my fitness philosophy.

Begin this issue with the warm-up and what I listen to, then end it with the cool-down Q & A and the Home Stretch.

Along the way, see my Photos in the What I See on the Road section, then read what I do at my long walk turn-a-round. Lastly, watch my YouTube video on preventing shin and calf pain and subscribe to my channel for more videos to assist you in having a better walking and fitness experience.

As always, it's a pleasure to write this newsletter for you. Please forward it along to family and friends to inspire them to walk for health and fitness.

Walk on,
Frank S. Ring

The Warm-Up



Walking for Health and Fitness is expanding its YouTube presence. Check out my [Walking for Health and Fitness Channel](#) and all my walking information videos. Subscribe and “ring the bell” to get notified when I upload new videos.

More Reasons to Love Walking

Fewer Cravings

Take a lap around the block instead of reaching for the candy stash. A brisk 15-minute walk can reduce your urge to grab a sugary snack. Moving around can block emotional triggers that prompt mindless snacking.



Entertainment for Hours

Your smart phone is now an entertainment/educational center. With the online availability of music, podcasts, and audiobooks you can find inspiration, motivation, humor, suspense, and education on any topic you want to pursue. Use your walking outings as your self-improvement time.



The Only Fitness Program You Need
[These metabolism-boosting bodyweight exercises](#) will help you firm up, trim down, and live longer.

Fitness Walking Exercise Program
A Toned Body in 35-Minutes
Walk - Listen - Exercise
Feel Great



Order Today Risk-Free

What I Listen to While I Walk

Spending so much time on the road walking gives me plenty of time to listen to audiobooks, music, and podcasts. Here is a sample of what I put into my head during my walks.

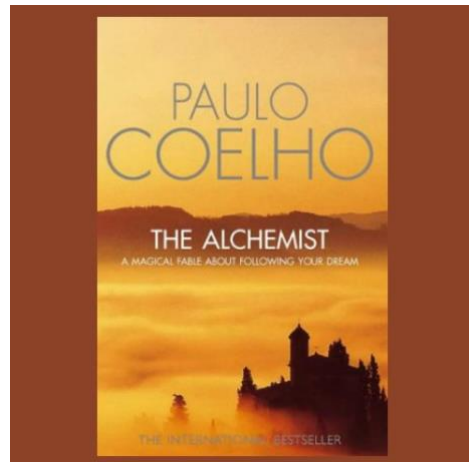
[The Know Like Trust Podcast](#)

Walking for Health and Fitness was featured on the Know Like Trust Podcast. I spoke with hosts Betti Russo & Christine George for nearly 40-minutes on the benefits of walking and how “Know, Like, and Trust” factors into my teaching and past business experiences. This interview was fun, informative, and will help you pass the time on your next walk. [Give it a listen here](#) ←



[The Alchemist by Paulo Coelho](#)

What starts as a journey to find worldly goods turns into a meditation on the treasures found within. Lush, evocative, and deeply humane, the story of Santiago is an eternal testament to the transforming power of our dreams and the importance of listening to our hearts. The Alchemist is in my top 5 audiobooks listens!

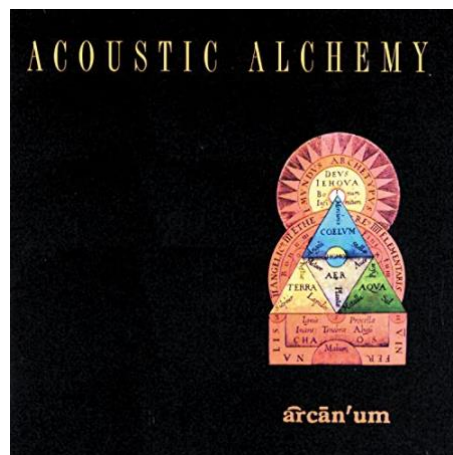


[Acoustic Alchemy - Arcanum](#)

I've been a big fan of Acoustic Alchemy for years and have repeatedly played the tracks from this release since the summer.

This upbeat collection of songs never fails to put a little pep in my step. Check out my favorite song, [Chance Meeting](#), then give the rest of the “album” a listen.

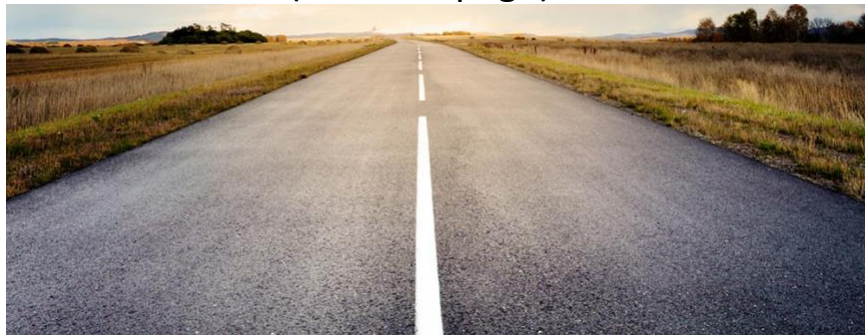
I listen via my [Amazon Prime membership](#).



18 Benefits of Taking Long Walks

I define a long walk as being over one hour in duration. Here are some of the benefits of “going long.” My favorite benefits are the thinking and creative time that a long walk gives me. Please [drop me a note about your favorite long walk benefit](#). With your permission, I’ll feature you and your route in an upcoming issue.

1. Spending more time in the sunlight to increase vitamin D production.
2. Increased heart and lung fitness.
3. Reduced risk of heart disease and stroke.
4. Stress reduction: feel-good endorphins continue surging through your body long after you complete your walk.
5. Improved management of hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes.
6. Stronger bones and improved balance.
7. Opening capillaries in your legs to increase blood flow and muscle growth.
8. Flush waste from tired muscles.
9. Helps burn fat as fuel.
10. Burn more calories even after you have completed your walk.
11. Boost your confidence and impress your friends.
12. More time to let your creativity shine through.
13. More “thinking time” to allow your problem-solving ability to work through several options on the way to the best solution.
14. More photo opportunities.
15. Increase your educational opportunities to listen to podcasts, audiobooks, and personal development programs.
16. Spend more time with loved ones.
17. Enjoy the meditative benefits of walking longer.
18. The mid-walk turnaround (see next page).



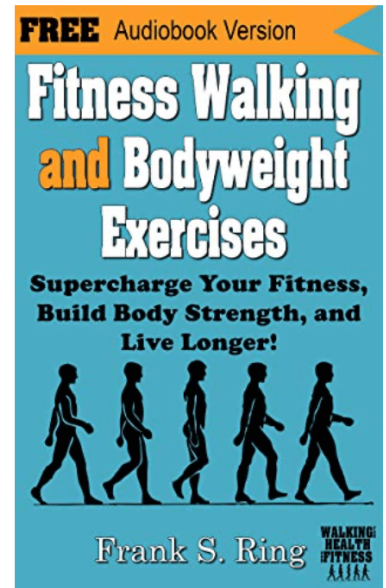
The Mid-walk Turnaround

My favorite part of a long walk is the midpoint turnaround. I define my long walks as ten or more miles, and I usually plan my walk to include a coffee shop for a good cup of coffee and a place to sit and write. During these long walks, I love the time I spend letting my mind wander, think, and write.

I always walk with my [trail waist pack](#), which holds my essential items; pen, paper, reading glasses, water, earbuds, reflective vest, and headlamp. Yes, that's a lot of stuff, but a good pack will hold it all and is very comfortable to wear.

You will find your creativity soar and your mindset in the exact right place to be at your creative best. Many of my breakthrough ideas have occurred during my walks, and I used my mid-point turnaround time to capture them with pen and paper.

Try this on your next walk, and you just might come up with that million-dollar idea.



By Ring, Frank

[BUY ON AMAZON](#)



7 Habits That Will Change Your Life

While there is no magic formula to living a happy life, daily habits can help us feel good and make a long-term positive change in our lives.

- **Develop a morning routine** – Get up the same time every morning, get outside, put on your favorite music or podcast, breath in the fresh air and wave at fellow walkers.
- [Drink more water – Watch the video.](#)
- **Laugh every day** – Life is too short not to be smiling. Find comedians on YouTube or tell jokes to family and friends.
- **Talk to friends** – Make it a habit to talk to loved ones each day. Take time to ‘just say hi’ and check to see how they are doing.
- **Write down your achievements.** Make a note of things you are proud of and grateful to have in your life. In my book [Walking for Health and Fitness](#), I write about my concept of personal goals and needing a win each day (page-27).
- **Treat yourself** – Spend time every day doing something for yourself. Read, write, walk, or sit and enjoy a nice cup of coffee.
- **Sleep more** – You need a good night’s sleep to feel your best. Make your bedroom a sanctuary. Watch the video, [Create a Better Pre-Sleep Routine.](#)

Fitness Walking Exercise Program **A Toned Body in 35-Minutes** **Walk - Listen - Exercise** **Feel Great**



[Let me help you reach your fitness goals with my Fitness Walking Exercise Program](#)

Photos: What I See on the Road



Saddle Ridge Riding Stable



Overlooking the Hudson River



Honoring J.T. Wroblewski KIA Iraq 4/6/04

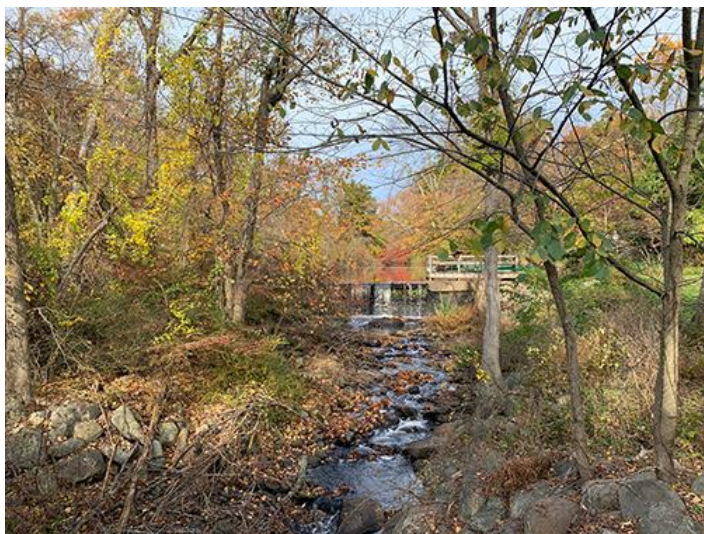


Walking Route Destination

Photos: What I See on the Road



Country Road



Walking Route Stream



Palisades Interstate Overlook



Happy Halloween!

Seasonal Reminder: Shorter days means you may be walking in darkness.
Always wear a reflective vest and carry a headlamp with you.



Order:
[Reflective Vest
for Walking](#)



Order:
[LE LED Headlamp
Rechargeable, Super
Bright, 5 Modes,
IPX4 Waterproof,
Adjustable and
Comfortable. 2 Pack](#)

Walking with Less Sunlight

Daylight saving time comes to an end each fall, at a time when the hours of available sunlight are already beginning to decline. When the darkness of fall and winter arrives, it can be challenging to maintain a positive outlook.

Be aware of Seasonal Affective disorder. (SAD) is defined as depression related to changes in seasons, beginning and ending at about the same times each year. Symptoms include less energy and making a person feel moody. Light treatment, talk therapy, and medication can help people who are susceptible to SAD.



Here are some of the coping mechanisms to use which may help you see the dark in a different light:

- Exercise more. Exercise and other types of physical activity can relieve anxiety and depression, lifting an individual's mood as a result.
- Spend time outdoors while the sun is bright in the sky. Switch your schedule if work interferes with getting outdoors. [A 15-minute walk at lunch will do wonders for your health](#). Sit by a bright window and soak up rays whenever possible.
- Pursue a mix of winter activities. Go cross country skiing, snowboarding, outdoor ice skating, or snowshoeing. I look forward to winter for what I can do, rather than what I cannot.
- Socialize. Instead of staying indoors alone, frequent the places that become indoor gathering spots for locals. These can include coffee houses, breweries, restaurants, or even the local library. Plan more social occasions with friends and families so everyone can walk away from the winter blues.
- Light some candles. Flames can be soothing and less harsh on the eyes than artificial light. Just light a handful of candles and enjoy.
- Avoid vitamin D deficiency. Talk to your doctor about if you have little to no daily exposure to sunlight. Lack of sunlight may hinder your body from producing vitamin D, which can lead to fatigue and moodiness.

With a little planning and shift in attitude, getting out the door on those chilly, dark evenings will be easy. Try the following:

- Don't sit down once you get home. Once your butt hits that couch, it's tough to get back up.
- Have your walking gear ready to go. Have your clothing, shoes, and pack ready to go.
- Always wear a reflective vest and carry a flashlight or headlamp.
- Set a goal of walking just 15-minutes. Once you're out the door, it's easy to continue walking longer.

More on Vitamin D

Vitamin D is unique because your skin produces it by using sunlight.

- **Keeping bones strong:** Having healthy bones protects you from various conditions, including rickets
- **Absorbing calcium:** Vitamin D, along with calcium, helps build bones and keep bones strong and healthy.
- **Working with parathyroid glands:** The parathyroid glands work minute to minute to balance the calcium in the blood by communicating with the kidneys, gut and skeleton.

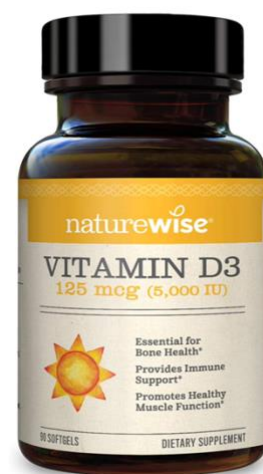
How much do you need?

In healthy people, the amount of vitamin D needed per day varies by age. People 7-70 years old need 600IU. Those over 70 need 800IU.

Vitamin D content of various foods

- Cod Liver Oil: 1360 IU
- Swordfish: 566 IU
- Tuna canned in water: 154
- Orange juice (Fortified): 80 IU
- Egg yoke: 41 IU

If you eat a well-balanced diet that includes food rich in vitamin D and you get into the sunshine a few days per week, you will ward off Vitamin D deficiency.



[Order Your Supply of Vitamin D](#)

Weekly Walking Tips and Inspiration Show

Knowledge is power! With this in mind, I've continued my *Weekly Walking Tips and Inspiration Show*! The show will present topics on walking, mindset, interviews, and Frank's take on staying in shape.

View the show on [YouTube](#) or [Facebook](#).

Like the show, subscribe to the show, and share the show... Thank you.



Walking for Health and Fitness is on YouTube!

[Subscribe to our channel for all the Walking for Health and Fitness Videos.](#)

2021 promises to be a busy year as I add more and more content to YouTube.

Looking for something different?

Check out my Pleasure Walking Program.

Pleasure Walking
The Mind-Body Connection

"I take your health seriously, and you have my personal promise that I will not rest until you are totally satisfied that my Pleasure Walking Exercise Program has exceeded your expectations!"
-Frank Ring

- Introduction to Pleasure Walking
- The Warm-up
- Pleasure Walking Session 1
- Pleasure Walking Session 2
- The Cool-down
- Thank You from Frank.

MP3

Fitness on the Road

Prevent and Treat Shin and Calf Problems

Preventing lower leg aches and pain is as easy as your ABC's. This technique works with my runners and will help you stay pain-free. Lower Leg Pain and Treatment: How to keep your legs strong, healthy, and feeling great.



Weekly Walking Tips and Inspiration Show Playlist:



Send all three books as a gift to your favorite people!



Staying Motivated

*Let's face it, life sometimes gets in the way of our hope, dreams, goals, and plans. Have you ever thought of giving up on your goals when the challenges you face seem to big to overcome?

I have. And so have many others.

*"That which does not kill us makes us stronger."
-Friedrich Nietzsche*

Our commitment to those goals and dreams are tested often. When roadblocks appear, it seems so easy to turn back.

The good news is that when you overcome these challenges and stay committed to your dreams, fantastic things happen! You build character and discover what you are made of. It brings out your most authentic self.

What is Motivation?

The definition of motivation is the reason you have for acting or behaving in a particular way.

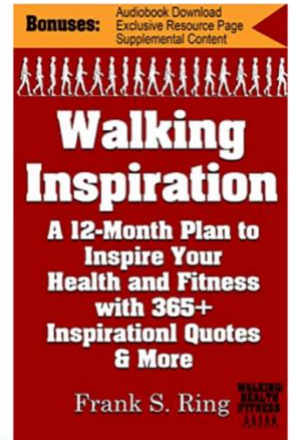
You need to find that one thing to inspire you to walk. Here are several suggestions to help keep you moving. Of course, your reason for walking may not be on this list and that's just great as long as you have a reason, any reason to keep moving!

- Soak up the sunshine
- Aches and pains can't catch you
- 1,000 extra steps a day help you lose weight
- Tracking your steps and mileage is exciting
- Changing your walking routes changes your calorie burn
- Walking every day is powerful medicine: Walking improves brain function, immune function, bone health, breast health, mood, and heart health
- 15-minutes a day = more energy
- Easy to tone while on the road – add one or more of the following bodyweight fitness movements and you add metabolism-boosting power to your next walk. Pushups, lunges, squats, and planks
- A deeper connection to others
- Develop greater confidence

Write It Down

Add as much information as you need to "paint" a complete picture of your walking health and fitness routine. I'm constantly added elements to my mileage worksheet and adjusting my goals.

*Excerpt from [Walking Inspiration by Frank S. Ring](#)



By Ring, Frank S.

BUY ON AMAZON

The Cool-Down

FAQ's: Ask Frank

->What is a good strategy for increasing my walking mileage?

When I plan my walks ahead of time, I can find routes to inspire me to walk more. I utilize Google maps or [Map Pedometer](#) to calculate mileage and visualize the road, attractions, coffee shops, stores, and parks to explore. Then create a list of these “go-to” route for future reference.

I find the more routes I walk, the more my favorite route changes.

My new favorite is from the Midland Park Municipal building to Starbucks on Route 17. It takes about an hour each way with a 30-40 coffee break. This route gives me seven enjoyable miles to walk and time to write in my journal with a good cup of coffee.

->How can walking help my creativity?

A 2014 study from Stanford University has shown that people are much more creative when they walk around than sitting still. In the study, 176 college students completed specific creative thinking tasks.



In this study, the authors used an experiment known as Guilford's Alternative Uses Task.

In this study, the participants were tasked with listing as many alternative uses for an everyday object as possible. For instance, a knife is used to spread butter, cut bread, stab someone, or flick peas. The answers were scored on originality, the number of ideas, and details.

Students performed this task in a few different variations. Either sitting indoors or sitting outdoors, or walking on a treadmill indoors, or walking outside.

The study found that when people were walking, either on the treadmill or outdoors, **they were 60% more creative than when sitting around.**

The Home Stretch

My Book [Fitness Walking and Bodyweight Exercises](#) uses a common-sense approach to get the maximum benefit from this low-impact form of exercise.

As Teddy Pendergrass sang, “you can’t hide from yourself; everywhere you go, there you are.”

You can do Bodyweight exercises anywhere at any time, and you are limited only by your imagination

The Walking for Health and Fitness Philosophy:

- Incorporate more walking into your daily routine
- Do bodyweight exercises for lean muscle and to boost feel-good endorphins
- Create a positive mindset through walking
- Watch your caloric intake & eat healthy, nutritious foods
- Drink more water
- Get more sleep
- Breathe

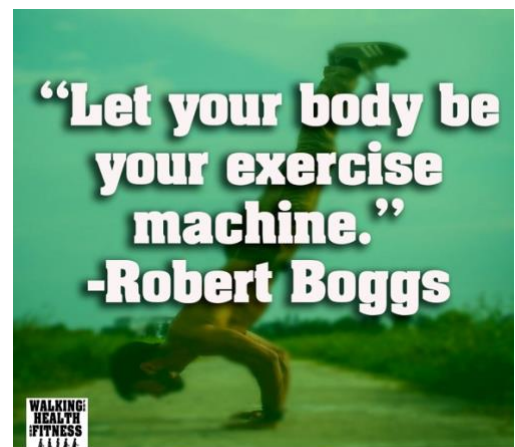
***Excerpt from Fitness [Walking and Bodyweight Exercises](#) by Frank S. Ring - Available at Amazon.com**

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](#)



WalkingForHealthAndFitness.com

Walking for Health and Fitness on Social Media

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



[Walking for Health and Fitness Program](#)



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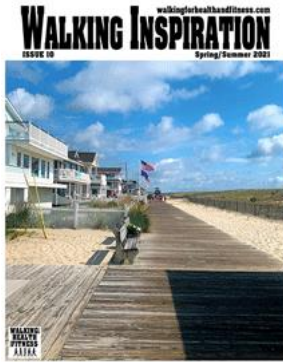
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Download our *Get out the Door Checklist* and receive *Walking Inspiration*, our quarterly newsletter completely free.

[Visit our website for more information!](#)

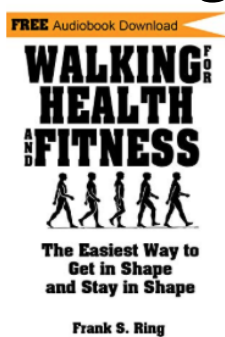


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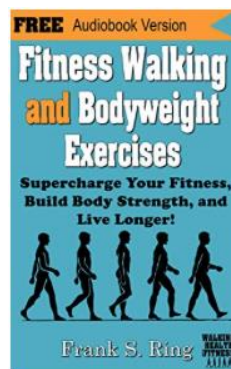


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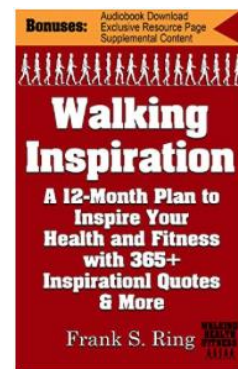
Walking Books – Available on Amazon.com



[Book #1](#)
[Walking for Health and Fitness](#)

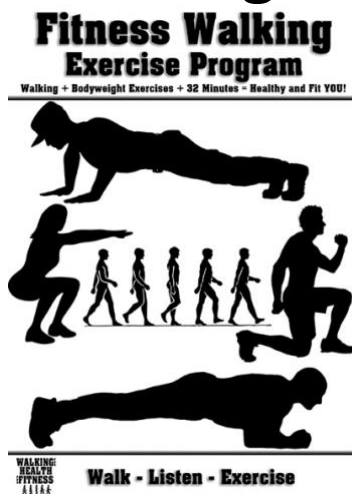


[Book #2](#)
[Fitness Walking and Bodyweight Exercises](#)



[Book #3](#)
[Walking Inspiration](#)

Walking Programs Created By Frank S. Ring



[Fitness Walking Exercise Program](#)



[Pleasure Walking Program](#)