

walkingforhealthandfitness.com

# WALKING INSPIRATION

ISSUE 12

Winter 2021-22





## Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 12 - Winter 2021-22

*Frank S. Ring*

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

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Cover Image By: [music4life](#)

**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 fitness routine habits
- Develop a clear mindset for creativity and problem solving
- Enjoying the walking lifestyle



## Message from Frank

One goal of Walking Inspiration has been to give you extra information to make your health and fitness journey a bit easier.

It's that time of the year when we turn the calendar to a new year and a new beginning. We vow to start it off on the "right foot" with big plans and goals. Slowly those resolutions fade away as we get back into our routine. If this was you in the past, let's work together to set a new course. Begin the new year by setting a modest walking goal and aiming to get out the door consistently.



Several articles help you along in this issue, including an excerpt on staying motivated from my book *Walking Inspiration*. I give you what I feel is among the best reasons to walk in the **Warm-Up**. In *Love Winter*, you'll find seven suggestions to help you stay positive this winter. *Dressing in Layers* will make walking in cold weather a breeze (sorry, I couldn't help myself with that pun). *Walking Poles* will give you a new twist on walking and fitness. In *Unleash Your Creativity* will learn how walking can fire up your creative juices just like it did for Apple founder Steve Jobs.

"The single overriding objective in wellness is creating constant personal renewal where we recognize and act on the truth that each day is a miraculous gift, and our job is to untie the ribbons. That's the Law of Esprit: living life with joy." -- Greg Anderson

In *Love Winter*, one of the suggestions is to try new hobbies. So, this winter I plan on doing two new things. I'll be getting out into the snow and learning to cross-country ski. I've never been a big fan of cold and snow but I'm looking forward to this new activity with my newfound attitude about winter. I'll keep you posted via [The Walking for Health and Fitness Program Facebook](#) page. Then, comment on Facebook or [send me an email](#) about what new activities you've tried this winter.

Also, I plan on a full year of being a guest on health and fitness podcasts. I enjoyed my first experience last fall on the [Know-Like-Trust podcast](#). I look forward the spreading my walking message.

Best wishes for a happy and healthy new year!

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.

## Two More Reasons to Love Walking

**It gives you energy:** For a quick pick-me-up, walking is your best remedy. The effects of a brisk 20-minute moderate-intensity walk can last for up to 12 hours. In addition, adults who walk for 30-minutes five times a week report having more energy, feeling healthier, and more confident than those who walk less.

**It boosts your mood:** Your body releases feel-good hormones when you exercise. In a study from the University of Texas at Austin, walking just 30-minutes a day can give a lift from even major depression. Walkers reported an 85% increase in energy and a 40% improvement in well-being.



**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**



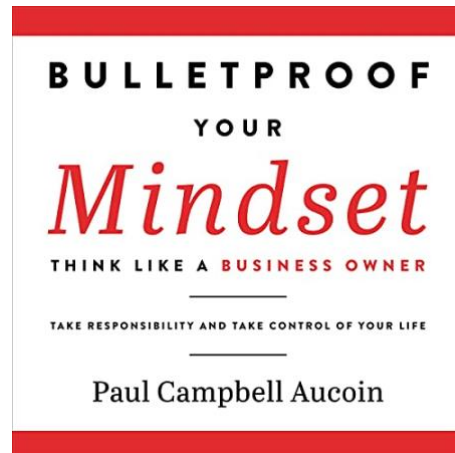
**Order Today Risk-Free**

## 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.

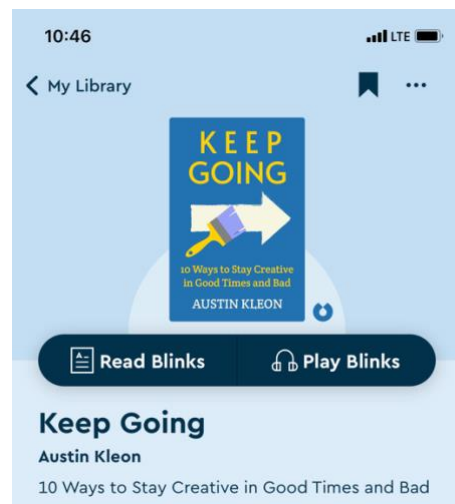
### [Bulletproof Your Mindset: Think Like a Business Owner. Take Responsibility and Take Control of Your Life](#)

You've heard about taking personal responsibility. You know about the importance of having a solid and healthy mindset. **Here's a big idea:** These two concepts are 100 percent connected. Taking responsibility equals a robust and healthy mindset. Give this a listen and put Paul's ideas to work for you.



### **Keep Going by Austin Kleon: 10 Ways to Stay Creative in Good Times and Bad.**

I listened to his "blink" on the service Blinkist. I learned several practical tips, techniques, and strategies for fostering my creativity. One idea I've applied is to **establish a routine** for my writing. I now have a desk dedicated to writing: no email and no home responsibilities. I just sit and either open a notebook and write longhand for my short stories or open my laptop for my "walking" content. [Try Blinkist Risk Free](#)



### **Dirty Knobs- [Wreckless Abandon](#)**

For over 40 years, Mike Campbell stood on stage alongside Tom Petty, playing lead guitar and co-writing songs for The Heartbreakers. With Petty now gone, Campbell steps out on his own with his band The Dirty Knobs and delivers a killer rockin' album that would make Petty proud.

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



## Love Winter (with just a few tweaks)

With some positive thinking a few tweaks to your routine, you can improve your overall winter wellness this season.

- **Create your indoor space to be cozy** – embrace the Danish concept of Hygge – the pursuit of joy and coziness – and create a quiet space for yourself where you can get comfortable, enjoy a warm beverage, read a good book, and even grab a nap.
- **Accept winter as a slower, quieter season** – find joy in slowing down. Meditate, take a hot bath, read, or journal.
- **Layer up and get outdoors** – cold weather doesn't mean the end of outdoor activities. With proper clothing and layering, you can be comfortable at any temperature (see next article pg. 9)
- **Beat the seasonal blues** – If you suffer from Seasonal Affective Disorder, try using bright light therapy as a solution. Lightboxes have anti-depressive properties as potent as medication.
- **Discover new hobbies** – Find activities that bring you joy. Challenge your mind by starting a new hobby such as cooking, writing, or playing a musical instrument.
- **Develop your green thumb** – seeing green things is essential for maintaining a positive mood. Grow herbs on your windowsill and add houseplants to each room.
- **Maintain a positive attitude** by building upon your strengths and traditions – build upon any of the positive associations you have with winter.





## Dressing in Layers

Cold weather is upon us! You can still enjoy a long walk and be comfortable if you appropriately dress in layers. The process is simple.

- **Base layer:** a thin shirt that wicks moisture away from your body and dries quickly. Synthetic fabrics are best. Avoid cotton as it saturates quickly
- **The Middle layer or Insulation layer:** helps you retain the heat that radiates from your body. Types of shirts include anything from a thin pullover to a very thick sweater or sweatshirt.
- **Outer layer:** Wind and rain protection. This layer prevents the wind from blowing away warmth built up in the insulation layer and protects from wet weather.

**Caution:** If you feel a cold wind blowing on your core, you are losing the warmth that the insulation layer is trying to trap.

### Two other factors to consider in staying warm

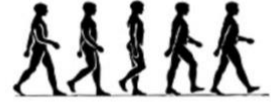
- **Protect the neck:** wearing a scarf or bandana around your neck will also trap the heat generated by your body. You can loosen the scarf to allow heat to escape and thus easily regulate your body temperature.
- **Protect the head:** lastly, wearing a hat will also help you retain body heat and keep you dry in rainy weather. You do lose heat from your head, but since your head is generally 7% of your total body surface, only 7% of heat is lost through your head. It was a popular misconception that you lost 40-50% of body heat through the head.

### Your Next Step:

Make a game plan for walking in cold weather. Go through your clothes and determine which garments to use for your base, insulation, and outer layer. Keep notes on what combinations of clothing work at various temperatures.

FREE Audiobook Download

## WALKING FOR HEALTH AND FITNESS



The Easiest Way to  
Get in Shape  
and Stay in Shape

Frank S. Ring

By Ring, Frank S.

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## Walking Poles – Your Next Fitness Adventure

Walking with Nordic poles is a way to increase your workout intensity without overexerting yourself. You'll feel like you are working easier, yet you'll reap more fitness benefits. Pole Walking activates 90% of muscles in your body.

You are getting synergistic resistance benefits. Walking with poles increases metabolic rate, caloric burn, and oxygen uptake.

It's a win-win; more benefits and a pace that feels like you are working less.

### Key Points:

- **Pole height**- When you extend your arms, they should be slightly bent when you plant the pole in front of you.
- **Handshake position**- Keep a loose grip between thumb and forefinger and lift the arm into the handshake position.
- **Poles land** with a slight angle to the back.
- **Lift the arm**, and the pole will land in the proper position.
- **Transition Technique to get the feel**- arms hand loose, then walk and drag the poles letting your arms swing naturally. Gradually start lifting the arms higher to **“plant” the pole and push down on it**. This push-down activates the muscles in the arms, back, and core.

Walk at your natural pace and focus on planting the pole and pushing down to engage your arm and core muscles. This movement will come naturally over time.

To get the most out of the movement, extend your arm out as far as possible while still maintaining a bend in your elbow.

It's not about your speed; it's about the intensity you put into planting the poles and engaging your muscles.

[Click to Order Through Amazon.com ->](#)



## Unleash Your Creativity

Once I became a “full-time” walker, a surprising benefit was the effect on my creativity. I found it much easier to come up with solutions to problems I faced in my life. During the Covid-19 lockdown period, I encountered more walkers along my usual routes. When our conversations turned to why we were walking, nearly everyone praised the mental health effects and creative boost they got from their walks.

### Intensifies Creativity & Imagination

- 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 - 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.

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.”

## **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



My 100 Year Rock



Christmas display on my night walk



Flag proudly displayed in Franklin Lakes, NJ



A walker with an artistic flair

## **Photos: What I See on the Road**



**Early cold morning over the Ramapo River**



**Long walk up hill to access this view**



**Winter walks are so peaceful**



**I find them everywhere**

# Walking Products for the New Year

**Seasonal Reminder:** Shorter days mean 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](#)



Order:  
[The FitLife Nordic Walking Trekking Poles](#)



Order  
[SKYDEER Mens Winter Insulated Snow Work Gloves with Premium Genuine Deerskin Suede Leather, Flexible & Durable & Warm & Windproof for Cold Weather Work](#)



Order:  
[DEVOPS Women's 2 Pack Thermal Turtle Long Sleeve Shirts Compression Base-layer Tops](#)



Order:  
[The North Face Women's Candescant Full Zip Jacket](#)

## **A Supplement for Better Winter Health**

### **Vitamin C**

Vitamin C is one of the safest and most effective nutrients, experts say. Though it may not be the cure for the common cold, the benefits of vitamin C may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling. The tolerable upper intake level (or the maximum amount you can take in a day that likely won't cause harm) is 2000 mg a day for adults.



A recent study published in *Seminars in Preventive and Alternative Medicine* looked at over 100 studies that revealed a growing list of possible benefits of vitamin C.

[Amazon Elements Vitamin C 1000mg](#)

"Vitamin C has received a great deal of attention, and with good reason. Higher blood levels of vitamin C may be the ideal nutrition marker for overall health," says study researcher Mark Moyad, MD, MPH, of the University of Michigan. "The more we study vitamin C, the better our understanding of how diverse it is in protecting our health, from cardiovascular, cancer, stroke, eye health [and] immunity to living longer."



# Walking for Health and Fitness on Youtube

I have something for everyone on my YouTube channel. I've created over 70 videos on various walking, health, and fitness topics.

View each on [YouTube](#), and please spread the word and share via [Facebook](#).

Like and subscribe to the channel; thank you.



Walking for Health and Fitness is on YouTube!

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

2022 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.

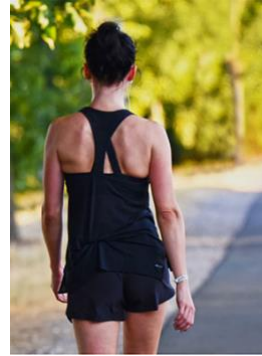
MP3



# Fitness on the Road Videos



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



**21 BENEFITS OF FITNESS WALKING WITH THE FITNESS WALKING EXERCISE PROGRAM**

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



**15-Minute Longevity Mindset Music & Learn to Increase Walking Speed**

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



**15-Minute Walking Mindset Transformation**

[15-Minute Walking Mindset Transformation](#)

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

A promotional banner featuring a portrait of Frank S. Ring on the left, wearing sunglasses and a black jacket. To the right are three book covers: 'WALKING: HEALTH FITNESS: The Easiest Way to Get in Shape and Stay in Shape', 'Fitness Walking and Bodyweight Exercises: Supercharge Your Fitness, Build Body Strength, and Live Longer!', and 'Walking Inspiration: A 12-Month Plan to Inspire Your Health and Fitness with 365+ Inspirational Quotes &amp; More'. Each book cover includes a 'FREE Audiobook Download' or 'FREE Audiobook Version' badge and a 'BUY ON AMAZON' button.

# Staying Motivated

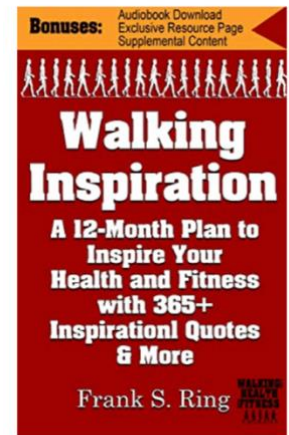
## New Year, New You! What's Your Why?\*

Where will you be one year from now? 'Wait, Frank, the new year just started, and you are asking me about next year already; what's up with that?'

It's simple, the calendar turned to the new year, and if you are like most people, you will set a new year's resolution, vow to stick to it, then... three weeks from now, you are disappointed with yourself because you forgot all about your resolution.

Ask yourself, did you have a game plan? Did you have a written down on paper plan for staying fit in the new year?

Together we will get you off on the right foot so that this year will be your best year ever!



By Ring, Frank S.

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*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."*  
- Buddha

## What Motivates You?

To get the most from your walking routine, you must know why you want to get into good health and fitness.

## What's Your Why?

What is within you that gets you motivated? "Why" is the big question of the January chapter.

## Answer These Four Questions and Get to Your Why:

1. What happens if I don't walk? Write down the consequences of not being in good shape.
2. What gives me "pep in my step"? What is that one thing that you lose track of time when you do it?
3. What are my strengths? We all have strengths and skills. What do you possess that will help you continue walking?
4. What fires up my passion? Walking gives you time to develop and expand your passion.

My book, [Walking Inspiration](#), has you covered for the whole year. Each month presents a new topic to boost your emotional and physical well-being. Each purchase comes with a **free audiobook download**. Make 2022 your best year ever.

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

# The Cool-Down

FAQ's: Ask Frank

-> **What are the benefits of cross-country skiing? If you live in a snowy region, cross-country skiing is a great way to stay fit. Benefits include:**

- You get a full-body workout
- Burns lots of calories
- Improves cardiovascular endurance and health
- You have a higher level of physical fitness
- It promotes social engagement
- It helps relieve stress
- It's highly functional
- It improves endurance.
- Excellent form of cross-training
- Allows you to connect with nature

-> **How can I improve my breathing while I'm out on my walks?**

Follow these two suggestions, then read my entire post: [How to Breathe While Walking for Better Health](#)

- **When you inhale**, extend your belly out as you breathe in to allow your lungs to expand fully and take in more air. In striving to have flat, six-pack abs and midsections, we've sucked in the stomach and stopped extending the stomach entirely, limiting our breaths.
- **When you exhale**, entirely pull in your abs to force the air from your lungs.



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# 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.

\*Whether you are new to walking or just looking for a new type of routine, the ***Fitness Walking and Bodyweight Exercises*** book will provide you with how-to, structure, and motivation.

By combining walking with the “Core Four” fitness exercises in this program; pushups, squats, shoulder planks, and lunges, you will raise your heart rate, build muscle, and strengthen and tone your core muscles for that lean, physically fit look.

The metabolic burn will continue long after you have completed the workout.

**[The Fitness Walking and Bodyweight Exercises Program](#)** gets you out the door, completes the workout quickly (35-minutes), and has you look forward to your next workout session!

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

## Testimonial and Review

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](#)

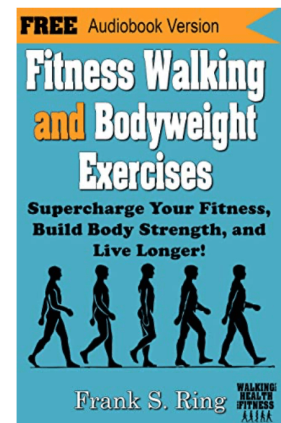
 Amazon Customer

★★★★★ **There is great counsel in this book that makes total sense.**

Reviewed in the United States on August 17, 2021

**Verified Purchase**

Very practical and doable recommendations to get in shape and stay in shape. I highly recommend this book in fact the all 3 books.



By Ring, Frank

[BUY ON AMAZON](#)

## **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](#)



[Walking for Health and Fitness](#)



[WalkingManFrank](#)



[Walking for Health and Fitness](#)



[Walking for Health and Fitness](#)



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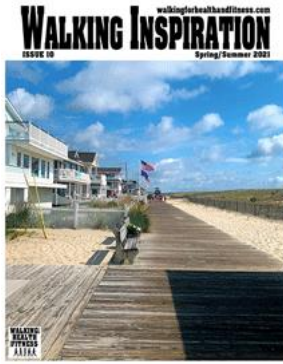
Download our *Get out the Door Checklist* and receive *Walking Inspiration*, our quarterly newsletter, completely free.

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

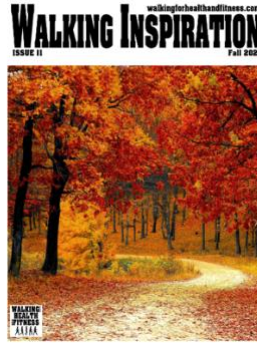




# Walking Inspiration Past Issues

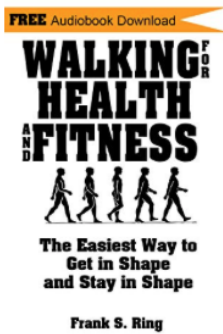


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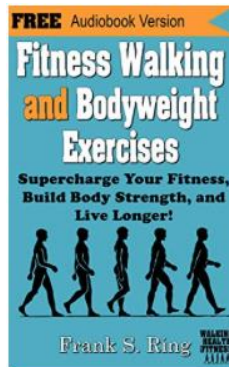


[Issue #11 Fall 2021](#)

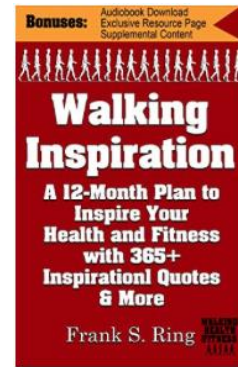
## Walking Books – Available on Amazon.com



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

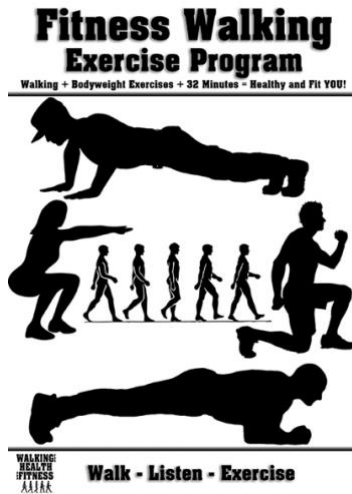


[Book #2  
Fitness Walking and Bodyweight Exercises](#)

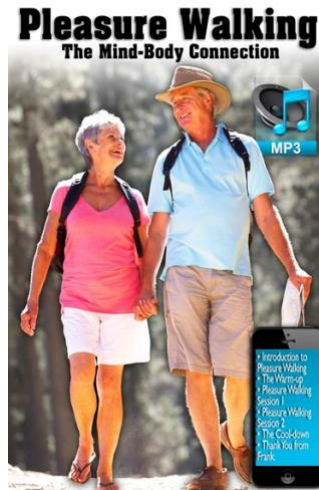


[Book #3  
Walking Inspiration](#)

## Walking Programs Created by Frank S. Ring



[Fitness Walking Exercise Program](#)



[Pleasure Walking Program](#)