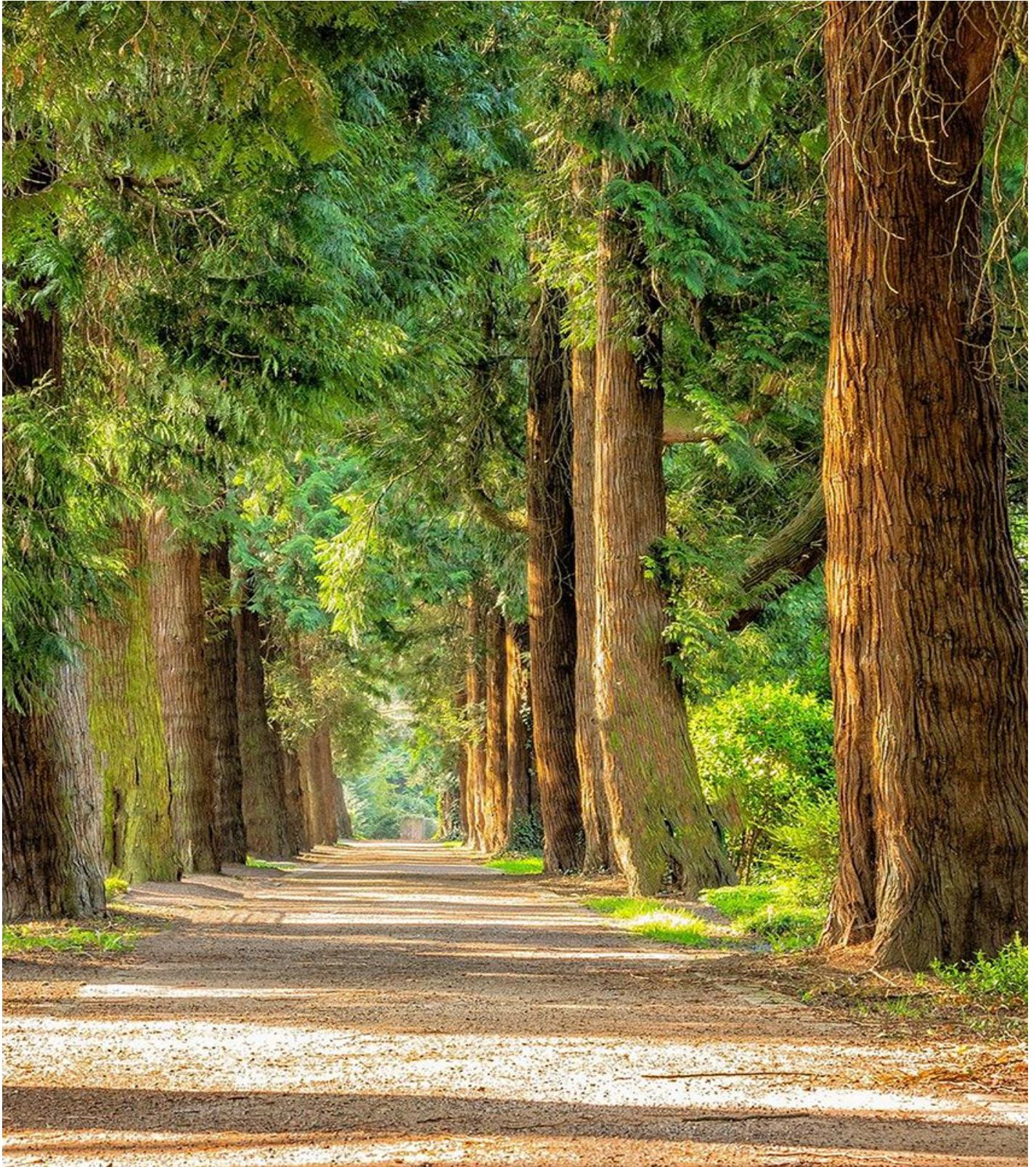


walkingforhealthandfitness.com

# WALKING INSPIRATION

ISSUE 13

Spring 2022





## Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 13 – Spring 2022

*Frank S. 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. 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

Spring is in the air, and with the warmer weather and more sunlight, it's time to get out more often and take long walks. Welcome to issue 13 of Walking Inspiration! Creating this quarterly newsletter, writing my books, shooting videos, and running the website has been life-changing physically and emotionally.



When I started my walking journey, I knew it was something that would change my life, but I had no idea how much. Physically, I've never felt better! Walking has assisted in keeping my weight within a 5-pound range for the past five years. Adding bodyweight exercises to my walks allows me to get in a complete workout in the least amount of time and expense. Emotionally, walking puts me in a great mindset to even out the highs and lows that come along with life in general. The time walking gives me a greater sense of myself, more confidence, creativity, and a better outlook on the future.

Now let us discuss the number 13. According to Math World, "While it is associated with bad luck, according to many theorists, 13 is not innately unlucky, it does have an awful position in the number sequence. In both traditional mathematics and esoteric numerology, you can't get better than the number 12. It is the only positive integer considered a "sublime number," and in terms of its numerical and cultural symbolism, it is quite literally perfect. Simply put, 12 is a tough act to follow." On a personal note, my father was born on the 13th, and this number always has a positive association. So, I guess it's all in what how associate thirteen. So, you have nothing to fear with my 13th issue of Walking Inspiration!

In this issue, I give you some great information to make walking a positive activity in your life. In Benefits of Listening to Podcasts, I give you seven reasons to listen to podcasts on your walks. As a bonus, I give you links to 3 podcasts that I was a guest on during the past winter. Each focus on a different aspect of well-being. In the **Yeukai Business Podcast**, we discuss how I got into walking and a good overview of starting a walking program. In my **Health in the Real World** interview with Chris Janke, we get into the physical fitness aspect of walking. Lastly, in my interview with Rachel Tapscott's **Mindset Mastery Podcast**, I discuss the mental health benefits of walking. Give each a listen during your walks for more in-depth walking information.

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.

**A Simple Super Food:** Boost your health without breaking the bank. Eating more apples could:

- Cut your cancer risk
- Help prevent stroke
- Help you control your weight
- Help prevent diabetes
- Help protect against asthma

Apples are a good source of Quercetin  
(Read: [A Supplement for Better Spring Health](#))



**Look Up:** Remember to gaze up at the night sky and all the stars that fill it. Night walking opens your eyes and mind to an unfathomable amount of beauty and wonder. At dusk or later in the night, walk in your neighborhood to find a clearing away from streetlights. Repeat this at least once during each season to find different stars in the night sky.

(Always carry a flashlight and wear a reflective vest when walking at night)



**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**

# Benefits of Listening to Podcasts While You Walk

Podcasts are more popular than ever! With the easy availability of many streaming services, most are just a clicked link away. Here are just a few of the benefits of why listening to podcasts while you walk will help you add miles to your walking totals.

- Podcasts are a Free Entertainment and Educational Opportunity: The time you'd typically spend doing those mindless chores or exercising can help you prepare for the next phase of your career.
- Listen on the Go: This hands-free, eyes-free form of entertainment will make you look forward to your morning commute and daily chores.
- Reduce screen time and eye strain: studies show that the brain is more active while listening to podcasts than when watching television. Podcasts require listeners to use their imagination rather than spoon-feeding consumers with visual accompaniment.
- Learn Unique Topics Directly from Experts.
- Hear a Different Perspective: Podcasts introduce tons of variety; the sheer volume of podcasts guarantees that you can find more than two or three perspectives on any given topic. Enjoy the freedom of truly original thought by adding a little diversity to the mainstream media narrative you're accustomed to hearing.
- Keep Storytelling Alive – But in a Conversational Setting: Podcasting is the renewal of the dying form of verbal storytelling. Podcast episodes generally consist of conversations between two or more individuals. That back-and-forth has a lot of advantages over the typical one-person narration found in books on tape.
- Variety is the Spice of Life: By taking a break from your tunes, you can be excited about them all over again when you return to them.



Podcasts

## What I Listen to While I Walk

I've been featured on several podcast this year. I've found that I can better express myself in these long-form conversations. While each has a different focus, they all center around the benefits of walking.

### [Health in the Real World with Chris Janke](#)

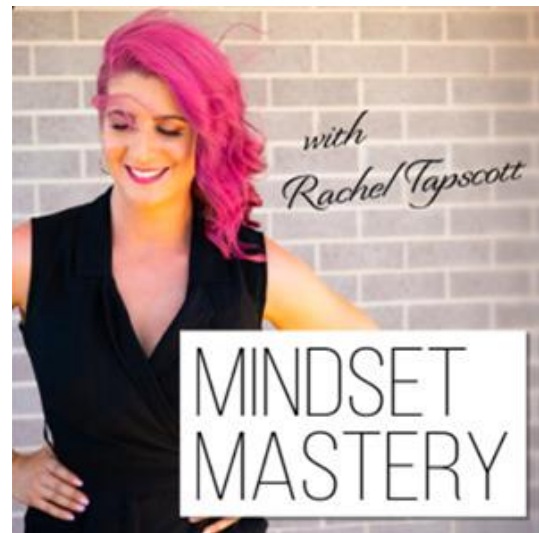
**About Chris:** I started my first fitness business, Functional Strength Training, in 2006. It failed in 2008. I licked my wounds and went back to the drawing board and launched My Core Balance in 2011. Since then, I've launched my personal brand website (the one you're looking at right now) and the *Health in the Real World Podcast*.



### [Mindset Mastery with Rachel Tapscott](#)

**About Rachel:** Welcome to Mindset Mastery. This is the place we explore positive mindset practices, neuroscience, our individual journeys of personal development and ultimately design a life we don't need to escape from.

I started this podcast from my own love of mindset and personal development and wanted to share my own journey, research, and insights so that you can become a Master of your mindset too. I'm stoked to have you along for the ride.



### [The Yeukai Business Podcast](#)

Global Ranked among the TOP 3% of the popular Podcasts.

This UK based podcast is dedicated to helping business owners and entrepreneurs succeed through expert knowledge of our highly esteemed guests. On the Show, you will discover what is working Now in the world of business. We discuss key topics on Finance, Marketing, HR, Sales, Business growth Systems, and Personal development.





## Looking for Something Unique?



**DON'T DO ANOTHER WORKOUT BEFORE YOU READ THIS**

**THE PLEASURE WALKING EXERCISE PROGRAM: WALK YOUR WAY TO FITNESS IN JUST 30-MINUTES 52-SECONDS A DAY.**

**I've LOWERED THE PRICE and increased the number of bonus features!**

### **THE PROGRAM INCLUDES 6 AUDIO FILES:**

The audio tracks are the heart of the Program. You listen as you walk. A true Win-Win for you!

1. **Introduction to Pleasure Walking:**
2. **The Warm-up**
3. **Pleasure Walking Session 1 with Affirmations and Positive Messages**
4. **Pleasure Walking Session 2 Music only (30-Minute, 52-second**
5. **The Cool-down**
6. **Thank You from Frank**

### **THE PROGRAM INCLUDES 1 PDF FORMAT FILE:**

**Pleasure Walking Exercise: The Mind-Body Connection: 55-Page Program book.**

#### **Topics Include:**

- **How to get the most out of this Program:** I give you a process to make walking a habit.
- **Get Out the Door Checklist:** Top athletes say the most challenging part of their workout is just getting out the door. My checklist will teach you how to be prepared to quickly get out the door and on the road to good health and fitness.
- **Things to do on the road:** You'll be surprised at the number of things you will be able to do on your walks. From listening to podcasts and audiobooks to taking photos, I give you 29 unique ideas to make your walking time fly by!
- **Staying safe on the road:** I give you vital, life-saving information on how to walk on the road day and night.
- **Taking More Steps:** My simple acronym will have you walking more efficiently.
- **Why Affirmations Work:** Learn about the power of how listening to daily affirmation can change your life.

## Your Special **BONUSES**

### BONUS CONTENT:

1. **Pleasure Walking Progress Chart:**
2. **Audiobook Version of the Pleasure Walking Book:** This is a win-win situation. You walk and learn at the same time.
3. **10 Tips to Perfect Your Walking Form:** Better form makes for easier walking
4. **40 Inspirational Walking Quotes:** I've found the best quotes about walking and put them together in a pdf file to print out and display the quotes that motivate you the most.

## Your Special **BONUSES**

### LAST MINUTE ADDED BONUSES

I'm a big fan of listening to audiobooks when I walk. I'm going to include the audiobook version of my first book *Walking for Health and Fitness*, to keep you walking and learning about the benefits of this great fitness exercise.

1. **The audiobook version of *Walking for Health and Fitness: The Easiest Way to Get in Shape and Stay in Shape*.** (\$15. Value)
2. **Exclusive Access** to my Pleasure Walking Program Web Page.

**MY FINAL BONUS: \$20 OFF MY BEST-SELLING FITNESS WALKING EXERCISE PROGRAM**



[Check out my Pleasure Walking Program.](#)

# Mindful Eating: Finding a Happy and Stable Weight

Let's face it, in today's fast-paced world, there are lots of distractions. It's vital for our health and fitness to raise our awareness of being present and mindful during our day.

Mindful eating is a practice that can help us be present during our mealtimes and make eating intentional instead of on autopilot. Mindful eating allows your curiosity to be engaged. This curiosity can bring awareness to your thoughts and beliefs about your food, your relationship with food, your daily eating habits, how quickly you eat, and the types of food you eat or crave.



Being in tune with your body's natural hunger and fullness cues helps you discover the foods that make you feel energized and satisfied, plus which ones keep you feeling fuller longer. This will assist you in finding a happy and stable weight to feel comfortable in your body.

## Mindful Eating Practice:

- Awareness: Before you eat, gauge your level of hunger on a scale of 1-10.
- Presentation: Make eating more pleasurable by serving your food so it's visually appealing.
- Eliminate distractions: Avoid screen time and eat in silence or play peaceful music.
- Engage your senses: Observe and smell your food.
- Express Gratitude for the meal: Take a moment to appreciate the ingredients, the time and effort taken to prepare the meal, and how readily accessible the food is for you.
- Eat Slowly: Take small mouthfuls, chew slowly and thoroughly, put your utensils down between bites, and sip water throughout your meal.
- Monitor how you are feeling: Reexamine your hunger level throughout your meal.
- Review and reflect on your meal: After you finish eating, reflect on how your food choices make you feel. Are you feeling energized and vibrant, or are you unsatisfied and craving sweets? Would you make the same food choices next time? It can take up to 20-minutes for your brain to signal that you're full, so give yourself time before eating an additional portion.

Mindful eating takes practice and will become more intuitive the more you implement these eating practices.

# Mental Health for Teenagers

Get them walking and talking

Teenage years are always a challenge for parents and kids alike. These past two years of the Covid-19 pandemic have made that relationship even more challenging.



Teenagers go through a complex phase of physical, emotional, and neurological growth.

These phases create uncertainty and anxiety in many teens.

While teens generally seem independent from their parents, and communication can be strained, it's at this time that teens need support and understanding.

## Here are some guidelines for helping the teen in your life.

- Honest communication is essential: Listening to your teen is a must. Please make time to encourage them to discuss their issues. Please don't rush to judge them and be open to compromise. It's a fundamental aspect of human nature to feel heard. So, be supportive, kind, and respect their needs and opinions.
- Strong Bodies lead to strong minds: Encouraging your teen to be fit, strong, and healthy will set them up for a lifetime of success and happiness. Vigorous exercise releases feel-good endorphins and other beneficial neurotransmitters, which help improve mood and concentration and reduce anxiety.
- Accept Challenges and Embrace Change: Change is inevitable, so having a growth mindset and a willingness to fail will have your teen adapting more quickly and easily to any challenge they face. Blaming others or circumstances is easy to do, but we reap the most significant rewards when we focus on challenging ourselves and succeeding.

Raising teenagers is a challenge, but if you set a good example, encourage them to look forward to future opportunities, and focus on health and fitness, you will be raising independent thinking, strong and compassionate individuals.

## Human Evolution

Humans evolved to move; the acts of hunting, running, foraging and climbing all involved movement that 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.

## Especially Important for Teens is that Exercise Encourages Mood Stability

- Scientists have encouraged exercise to treat depression and anxiety-related disorders for years.
- Studies of daily yoga and meditation have shown shrinkage of the amygdala, a deep-brain structure strongly linked to the processing of stress, fear, and anxiety.
- A smaller amygdala means a lower rate of concern and worry and a heightened sense of calm, allowing us to concentrate on the task at hand.
- Exercise has been shown to be as effective as antidepressants for patients with major depressive disorders.
- Exercise is essential to relapse prevention.
  - The increase in serotonin production (happy mood neurotransmitters) during exercise is responsible for alleviating chronic depression.
- Exercise helps normalize sleep, which is protective of the brain.

## Your Next Step:

Get out on a walk with your teen. Walking will help lessen any underlying tension between you and your teen, thereby opening the door for a constructive conversation. The rush of endorphins will encourage dialogue, and the rhythmic movement of the walking motion is calming.

## Photos: What I See on the Road



The Ramapo River, Oakland, NJ



Quiet Country Road



Nature Break



Vincent and me at the Grounds for Sculpture

## Photos: What I See on the Road



Peace along the trail



Fenimore Art Museum, Cooperstown, NY



Front yard protector



Classic Car

# Walking Products for Spring

**Seasonal Reminder:** Acclimate yourself to having more daylight hours and more time to walk. As you increase your walking time/mileage, start slowly and gradually increase each.



**Order:**  
[BALENNZ](#)  
[Workout Shirts](#)  
[for Women,](#)  
[Moisture](#)  
[Wicking Quick](#)  
[Dry Active](#)  
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**Order:**  
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[Dry-Fit](#)  
[Moisture](#)  
[Wicking Active](#)  
[Athletic](#)  
[Performance](#)  
[Crew T-Shirt](#)



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[with Lightning](#)  
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[White](#)

\*make sure the connector is correct for your device



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[Lightweight](#)  
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[Shorts w-](#)  
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[Shorts with](#)  
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**Order:**  
[WATERFLY](#)  
[Hiking Waist](#)  
[Bag Fanny Pack](#)  
[with Water](#)  
[Bottle Holder](#)



## **A Supplement for Better Spring Health**

**Boost your immune system and fight off seasonal allergies**

Spring can be a time of dread if you suffer from seasonal allergies. Sinus Congestion, hay fever, asthma, dermatitis, or hives are signs of impaired immune function. If these symptoms rob you of enjoying the spring, help is just a supplement away.

Quercetin, the bioflavonoid found in onions, is an effective inhibitor of histamine and a natural anti-viral compound that helps prevent the common cold.

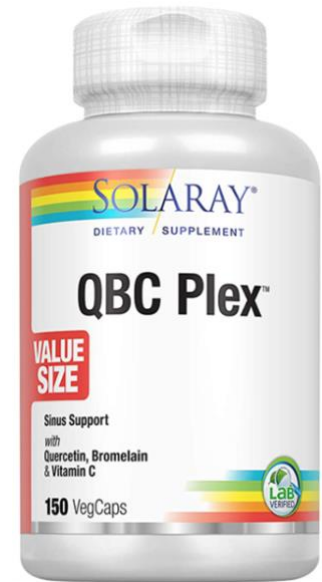
Quercetin is best taken with Vitamin C (See issue 12 of Walking Inspiration for more on the benefits of taking Vitamin C) as this improves the antihistamine effect.

Quercetin stabilizes the mast cells (specialized immune cells) that cause an allergic reaction. It decreases the release of histamine, which could help reduce allergy symptoms, asthma, chronic obstructive pulmonary disease, bronchitis, sinusitis, colds, and flu.

Research indicates that quercetin is a potent antioxidant that scavenges free radicals to reduce tissue and DNA damage, especially for endurance athletes. When taken together, Quercetin with Bromelain can improve endurance by increasing the number of mitochondria and by boosting oxygen delivery to tissues. The combination of quercetin with bromelain has anti-inflammatory actions that counteract the physiological stressors on athletes' bodies. It protects the lungs and sinuses against infection and allergies, especially helpful for exercising outdoors.

**Combine all 3 main ingredients** with: [Solaray QBC Plex | Quercetin & Bromelain Plus Vitamin C | Year Round Immune Function & Respiratory Health Support](#)

**Recommended dosage:** Take 500 to 1,000 mg two or three times per day.



**Order:**  
[Solaray QBC Plex | Quercetin & Bromelain Plus Vitamin C](#)

## 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](#).

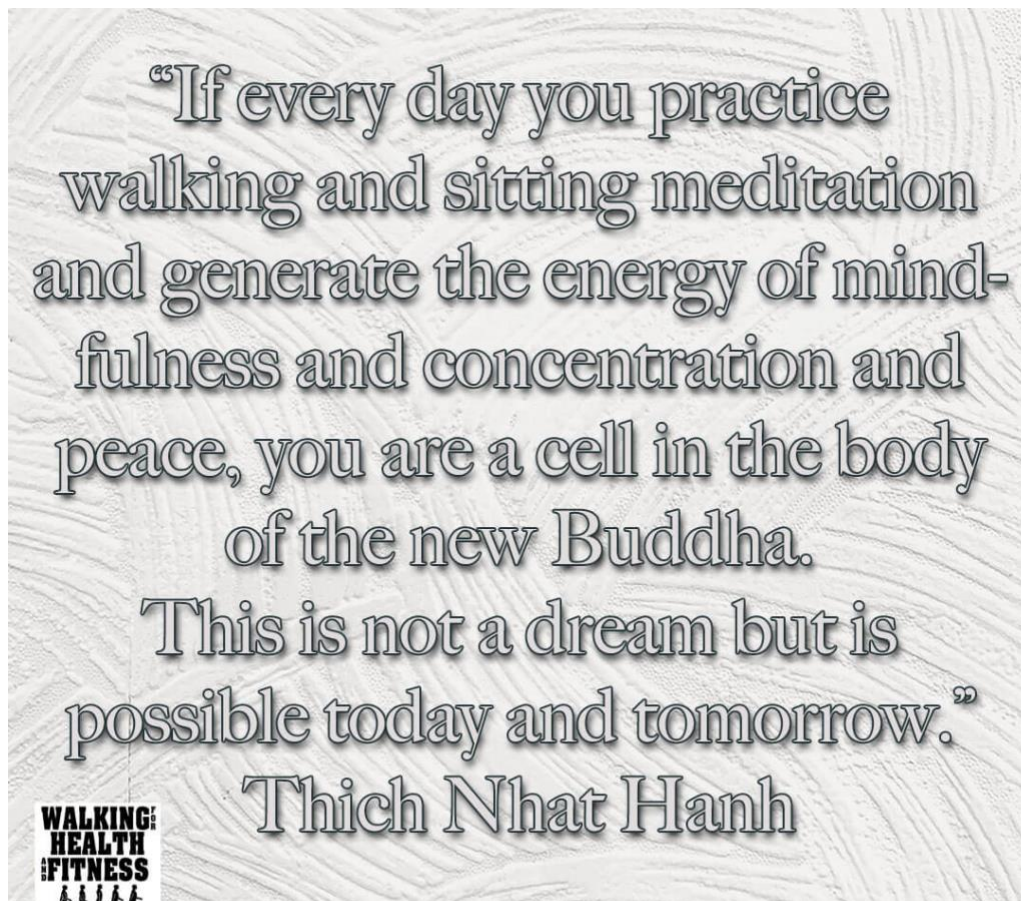
Like and subscribe to the channel; thank you.



**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.



**WalkingForHealthAndFitness.com**

# Walking for Health and Fitness Videos



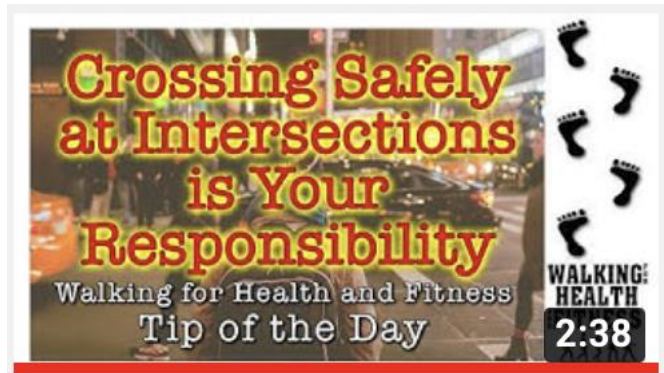
[Starting a Walking Exercise Program](#)



[Establishing a Morning Exercise Routine](#)



[Why the Sedentary Lifestyle is Dangerous](#)



[Crossing Safely at Intersections](#)

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

## Staying Motivated: WI book Feb chapter.

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 and the daily quote will help keep you on track to reach your health and fitness goals.

Each purchase comes with a **free audiobook download**.

Make 2022 your best year ever.

**My February chapter covers setting goals.**

\*Developing a fitness routine is a major undertaking. Like an archer aiming for the target, having a destination to aim for will keep you on track to reach the health and fitness level you'd like to achieve.

Don't confuse having a wish with having a goal. Most people think that having a vague idea of what they want and being positive and optimistic about accomplishing it is a goal. This isn't for you!

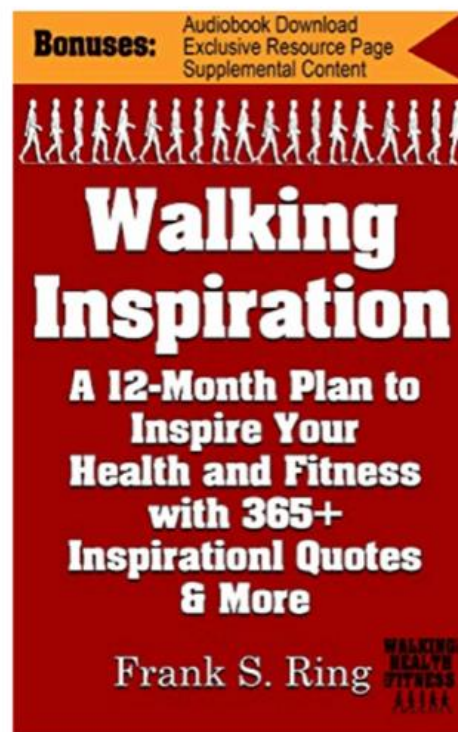
Only 3 percent of people have clear, written goals with plans to accomplish them. Only 3 percent of people work on their most important goals each day.

You want to be among the 3 percent!

*"If you want a happy life, tie it to goals, not people or things."  
- Albert Einstein*

*"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands—your own."  
- Mark Victor Hansen*

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



By Ring, Frank S.

BUY ON AMAZON

## **The Cool-Down**

### **30 Second Daily Fitness Exercise to Improve Your Posture and Breath**

Proper posture is the easiest way to increase your breathing and oxygen intake.

- Improper posture puts pressure on the Vagus nerve.
- The vagus nerve is responsible for the regulation of internal organ functions, such as digestion, heart rate, and respiratory rate, as well as vasomotor activity and certain reflex actions, such as coughing, sneezing, swallowing, and vomiting.
- Proper posture projects confidence.

#### **How to Perform the “W” Exercise:**

- Gently pull your head, chin, and arms back.
- Hold your arms up in a W position.
- Squeeze the shoulder blades together to put you in a good posture position.
- This exercise strengthens the muscles between the shoulder blades and stretches the chest muscles.
- Stretch back, hold, relax. Then repeat several times over the next 30 seconds. Go slowly, breathe, and do this several times throughout the day.

Do the “W” exercise for better health and fitness!



## **The Home Stretch**

### **A correction from last issue:**

Many thanks to Phill Alcock, a British Nordic Walking and International Nordic Walking Federation Instructor. Phill informed me that the walking poles image I posted in Walking Inspiration, Issue 12: Walking Poles – Your Next Fitness Adventure were not Nordic poles but were trekking or what we commonly call walking poles.

### **From Phill's email:**

#### **Nordic Walking Poles**

Nordic Walking poles are very different from trekking or walking poles. On the most part Nordic Walking poles are a much lighter weight and have a specialist strap as opposed to just a looped strap. Often Nordic Walking poles have an ergonomically shaped handle and are left and right hand specific.

A removable shaped rubber 'paw' covers the tungsten carbide tip of the pole to facilitate walking on hard surfaces such as pavements. A good quality pole will have an element of carbon in their composition. The carbon content of the pole affects weight, the power transfer, and the shock absorbency. Look for a carbon content of at least 40%.

For more information, check out [British Nordic Walking](#)



## **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](#)



[LinkedIn](#)

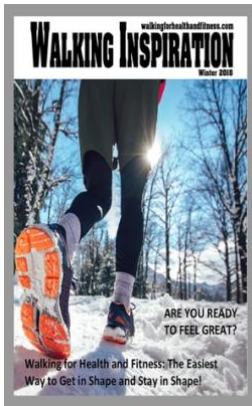
Subscribe to Walking for Health and Fitness.

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

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



# Walking Inspiration: Download Past Issues



[Issue #1 Winter, 2018](#)



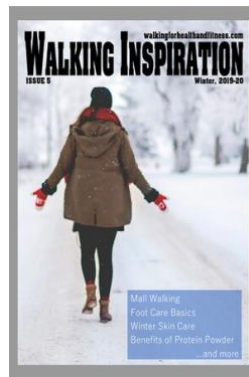
[Issue #2 Spring, 2019](#)



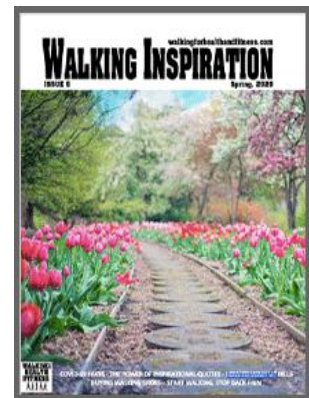
[Issue #3, Summer 2019](#)



[Issue #4, Fall 2019](#)



[Issue #5 Winter, 2019](#)



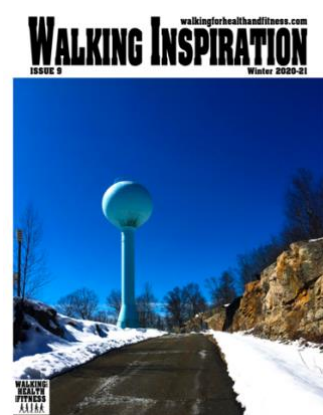
[Issue #6 Spring 2020](#)



[Issue #7 Summer 2020](#)



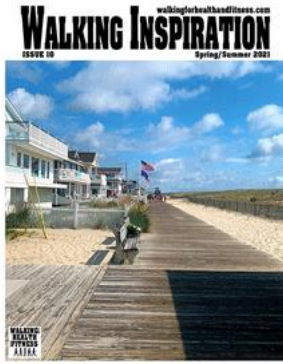
[Issue #8 Fall 2020](#)



[Issue #9 Winter 2020](#)



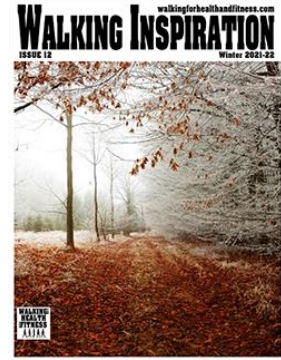
# Walking Inspiration Past Issues



[Issue #10 Spring/Summer 2021](#)

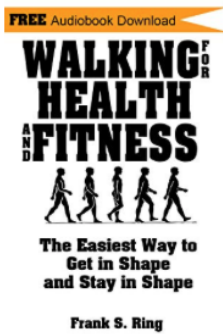


[Issue #11 Fall 2021](#)

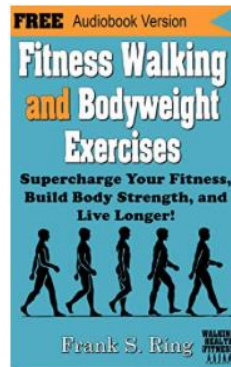


[Issue #12 Winter 21-22](#)

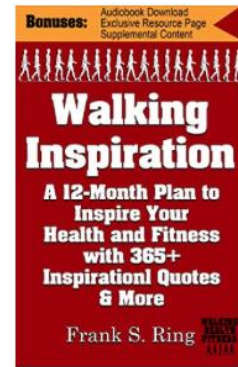
## Walking Books – Available on Amazon.com



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

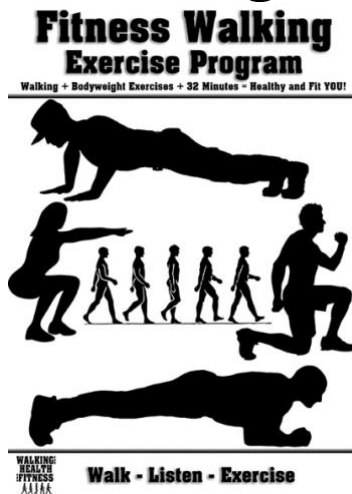


[Book #2  
Fitness Walking and Bodyweight Exercises](#)



[Book #3  
Walking Inspiration](#)

## Walking Programs Created by Frank S. Ring



[Fitness Walking Exercise Program](#)



[Pleasure Walking Program](#)