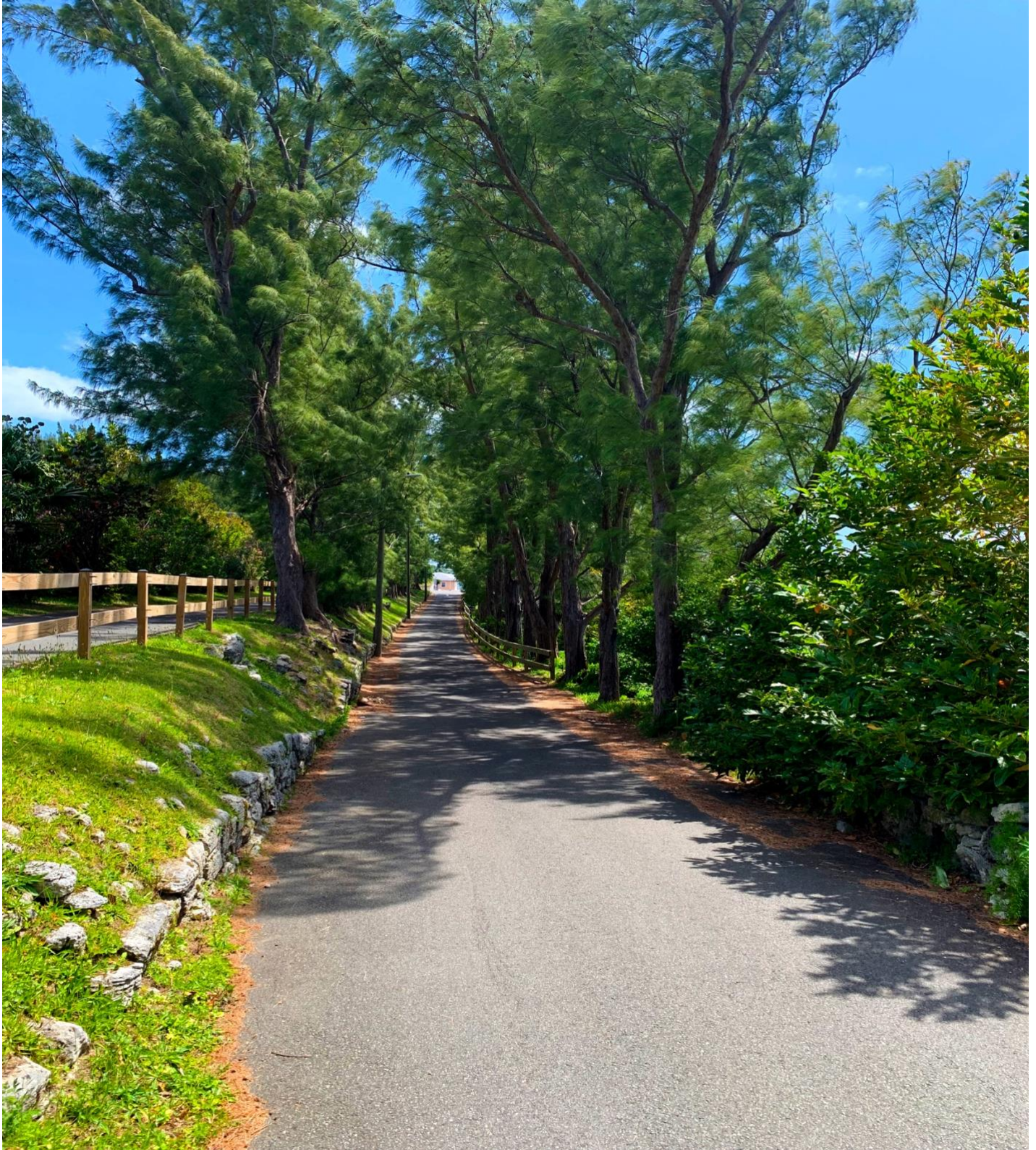


walkingforhealthandfitness.com

WALKING INSPIRATION

ISSUE 14

Summer 2022





Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 14 – Summer 2022

Frank S. Ring

WalkingForHealthAndFitness.com

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WalkingForHealthAndFitness.com

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Government Hill Rd. Bermuda

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

Summer is finally here in North Jersey! Sunshine, warmth, longer days, and ideal walking conditions. After a cool and rainy spring here in New Jersey, I couldn't be happier



At the end of June, I took a road trip with my dad to visit my brother and his wife in North Carolina. The nine-hour drive quickly passed as we listened to the audiobook of Larry King's *Why I Love Baseball*. Larry spent the book's first part talking about growing up a Brooklyn Dodger fan. He spoke about how New York was home to the Dodgers, Yankees, and Giants in the late '40s and '50s.

It was a thrill for me to hear my dad speak about his memories of baseball in the 50s and how he hated the Dodgers because his older brother Frank was a huge Dodger fan and would not allow any other teams on the radio in the house. Uncle Frank went as far as to remove the tubes in the radio so the rest of the family could not hear Yankee games.

I am forever grateful to have a job (teaching) that allows me to travel during the summer and to spend a great deal of time with the most important man in my life. Along with the audiobook, I played music via my Amazon Music app. We spent hours talking about music and why certain songs were essential to his life.

In this issue of Walking Inspiration, the **Warm-up** is all about **how much water you should drink each day**. In **7 Daily Habits That Will Transform Your Life**, I cover easy-to-do activities that will help elevate your outlook on life.

Staying safe and healthy in hot weather comes down to making a few adjustments to your walking preparation. My information and easy-to-apply suggestions will keep you walking more this summer.

Nutrition plays a significant role in staying healthy, and I have great information about a supplement you should take to boost your overall health.

In the **Cool-down**, I give you two easy-to-do exercises to help keep you injury-free this summer.

Lastly, in the **Home Stretch**, you'll learn that 59 years ago, President John F. Kennedy challenged his military leaders to maintain good physical condition. I'm prepping to meet the challenge by late summer or early fall. Find out more about his challenge, and maybe it will inspire you to take it up...

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.

How Much Water Should You Drink Every Day?

The answer to this question comes with controversy. My research shows different answers.

Water is one of the key components of a healthy diet and a long-term weight-loss undertaking. It not only nourishes your body by keeping your cells hydrated, but it fills your stomach so that you are less hungry.



8 Glasses a Day is a Good Rule of Thumb...But

Just about everyone has heard that it is important to consume at least 8 glasses of water a day as part of a well-balanced diet. The 8 glasses of water will help to hydrate your body and leave your skin feeling moist and supple. What’s more: it is important to understand exactly what those 8 glasses of water are doing to your body.

As the water enters your system, it hydrates your cells. Not only will you feel more energized, but it will help to keep your cells strong against illness, headaches, and fatigue. Imagine that the body’s cells are a plant. Without water, the plant will wilt and be less strong against daily elements. However, with the proper amount of water and care, the plant will be strong and healthy.

Water relieves the body of harmful toxins

By infusing water into your system, your body pumps out unwanted chemicals that slow you down and make your body function less healthily.

While drinking 8 glasses of water is a good rule of thumb if you wish to retain a properly functioning machine there are other factors to consider.

Drinking alcohol, caffeinated beverages, and eating a diet high in sodium offset contribute to offset the 8 glasses you drank.



If you exercise vigorously or in hot weather, you will need even more water.

My two cents on how much water should you drink is this; drink when you are thirsty. Feeling thirsty means, you are dehydrated.

Here is one of my best health tips: I'll qualify it by saying when I do make a conscious effort to increase my water intake, I generally feel much better.

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



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7 Daily Habits That Will Transform Your Life

What's the secret to a happy life? While there's no magic formula to achieving a happier existence, there are daily habits I believe can truly help you feel good, and help you achieve a positive attitude in the long-term.

- **Develop a morning fitness routine:** Set your alarm for the same time every day. Get up as soon as it goes off, drink water, and get outside. Whether you listen to a podcast, music, or your thoughts, there's no better way to start your day than breathing in the fresh air, moving your body, and smiling at fellow walkers.
- **Hydrate:** Set regular reminders on your phone to take a drink, or even mark timings on the bottle itself. There are so many benefits to staying hydrated, and you really do feel the difference.
- **Laugh every day:** Watch your favorite TV show, listen to a comedy podcast, stream classic comedy albums, or tell jokes to a colleague. Whatever makes you laugh, allow yourself some time to do it each day. Life is too short to not be smiling.
- **Talk to friends:** Life gets busy but make it a habit to speak to a loved one every day. Whether a 10-minute phone call while walking, a voice or even a text message, or take time to 'just say hi' and check how they're doing.
- **Write down your achievements:** Celebrate your WINS! At the end of the day, make a note of one thing you're proud of, and one thing you're grateful for. Writing these things down can help to keep us grounded, but also remind us of how much we're achieving, even on the days when it feels like the opposite.
- **Do something for you:** We spend a lot of our time doing things for others, or because we must. So, spend at least one hour every day doing something for yourself – reading a book, going to the gym, or taking yourself out for a coffee. This will take some getting used to, but by putting yourself and your needs first, you're in a better position to help others when they need it.
- **Sleep:** You can't nail your morning routine without a decent night's sleep. Make your bedroom a sanctuary: dull lighting, cool temperatures, and perhaps even a lavender sleep spray for ultimate cozy vibes. Switch off devices an hour before bedtime and settle in.



By adding these simple habits to your daily routine, you'll reap enormous long-term benefits and feel happier and healthier!

What I Listen to While I Walk

Walking gives you plenty of time to listen to all forms of entertainment. Here is what I'll been listening to since last issue.

Amazon Music Unlimited

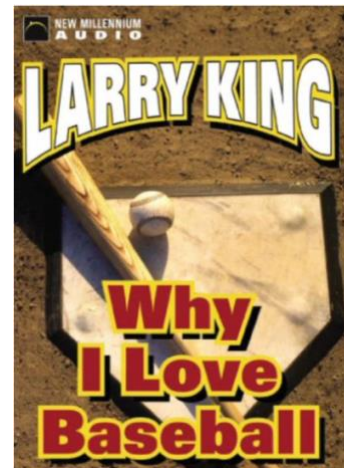
- Choose from over 50 million songs, thousands of curated playlists and stations, and personalized recommendations.
- Stream new releases from today's most popular artists.
- Exclusive Prime member pricing. [Start your free trial.](#)



Why I love Baseball by Larry King

Larry King is a true-blue baseball fanatic. This heartfelt valentine to America's game evokes a simpler time in our country's history. I listen to his audiobook every summer. This is a must for all baseball fans and of fans of great storytelling.

[Download Why I Love Baseball](#)

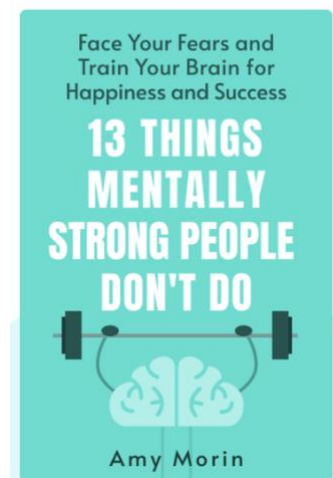


13 Things Mentally Strong People Don't Do

By Amy Morin

In this audio "blink" available through the [Blinkist App](#). You'll learn 13 real-life examples about 13 different bad habits and how those bad habits were replaced by better ones. In the process, you'll stock up your personal toolbox for life's notorious hardships.

[Try Blinkist Risk-free Today](#)



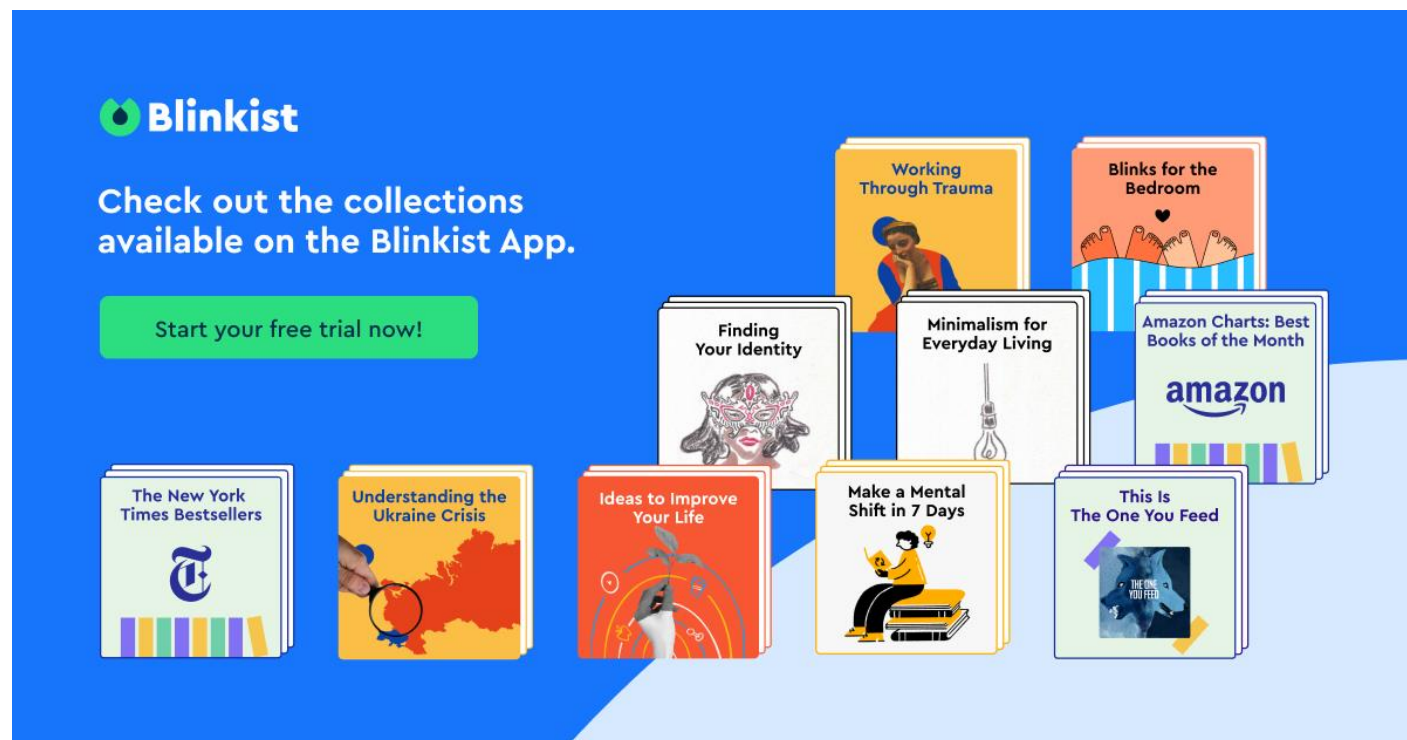
Looking for Something Unique?

Almost none of us have the time to read everything we'd like to read. Yet we lose countless hours to activities that bring us little joy such as commuting, chores and staring at our phones.

What if we could turn these little blocks of unallocated time into precious and rewarding moments for learning and reflection? Founded in 2012 by four friends, Blinkist now connects 22-million readers worldwide to the biggest ideas from bestselling nonfiction via 15-minute audio and text. So what makes us tick?

With Premium you'll get the whole Blinkist library for free, plus full-length nonfiction audiobooks at a special member price.

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The New York Times Bestsellers

Understanding the Ukraine Crisis

Ideas to Improve Your Life

Finding Your Identity

Working Through Trauma

Minimalism for Everyday Living

Amazon Charts: Best Books of the Month

Make a Mental Shift in 7 Days

Blinks for the Bedroom

This Is The One You Feed

The Blinkist logo is a green circle with a white dot inside. The text 'Blinkist' is in white. The background is a blue gradient. The book covers are arranged in a row, with some overlapping. The 'Amazon Charts' cover features the Amazon logo. The 'This Is The One You Feed' cover features a blue and white abstract design.

[Try Blinkist Risk-free Today](#)

Start Walking More Miles Today

THE PLEASURE WALKING EXERCISE PROGRAM Created by Frank S. Ring:
The Mind Body Connection | Walk your way to fitness in 30-minutes 52-seconds

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.

→ [Click Here to Order](#)

Your Special BONUSES

BONUS CONTENT:

1. **Pleasure Walking Progress Chart:** (\$5 Value)
2. **Audiobook Version of the Pleasure Walking Book:** This is a win-win situation. You walk and learn at the same time. (\$15 Value)
3. **10 Tips to Perfect Your Walking Form:** Better form makes for easier walking (\$5 Value)
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. (\$5 Value)

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**



[Click Here to Order](#)

Staying Safe in the Hotter Summer Weather

Walking in the summer has its benefits: More vitamin D, fresh air, and working up a good sweat! But there are potential risks to walking in the heat. Staying safe is priority number one. Here are my tips to keep you healthy when walking in the hotter summer weather.

HYDRATION

Making sure you stay hydrated is the most important thing to remember. Drink water before you go out and walk and more during your walk before you feel thirsty.

SUNSCREEN

It might sound obvious, but it's essential. Your skin is the biggest organ in your body and looking after it is non-negotiable. Nobody wants sunburn - it's painful and can be dangerous. Sun cream helps protect your skin from sun damage by blocking harmful UV rays. It'll also help keep your skin hydrated and healthy. So, carry a tube of sunscreen with you and reapply regularly.



WEAR LIGHT CLOTHING

Stay away from dark colors like black and navy as they tend to absorb heat much easier and stick to lighter, brighter colors instead. The material you're wearing is also important. Stick to sweat-wicking fabrics if you can. These materials are breathable and movable and will be your best friend when it comes to hot-weather workouts.

TAKE A COLD SHOWER

Taking a cold shower before and after your workout is a great way to keep your body cool and you feeling refreshed,

PLAN YOUR WORKOUT WISELY

Picking the right time of day for your outdoor workout is essential in hot climates. Try to avoid working out between the hours of 10am and 3pm. as these are typically the hottest times of day. Instead, fit in an early morning walk or wait until later in the evening when the air is cooler.

KNOW YOUR LIMITS

Probably the most important point on this list. If you start to feel dizzy, nauseous, begin sweating excessively, or feel a headache coming on, top your workout, go inside and drink some water.

These are some of the symptoms of heat exhaustion. It's important to familiarize yourself with all of them:

- Dizziness
- Headache
- Nausea
- Dark urine
- Fatigue
- Weakness
- Cool, moist skin
- Heavy sweating
- Muscle cramps
- Fainting



When these symptoms occur, it's vital you address them immediately or else they may progress to a more serious condition known as heatstroke.

Symptom, of heatstroke include:

- Temperature above 102F
- Confusion
- Dry, hot skin (no sweating)
- Rapid, weak pulse
- Seizures
- Unconsciousness

While it's great to get some fresh air, feel the sun on your skin and make the most of the summer months.

Training outside in **extreme summer heat** comes with risks. By staying aware of the potential dangers of the hot weather, you will enjoy your walking workout safely.



Photos: What I See on the Road



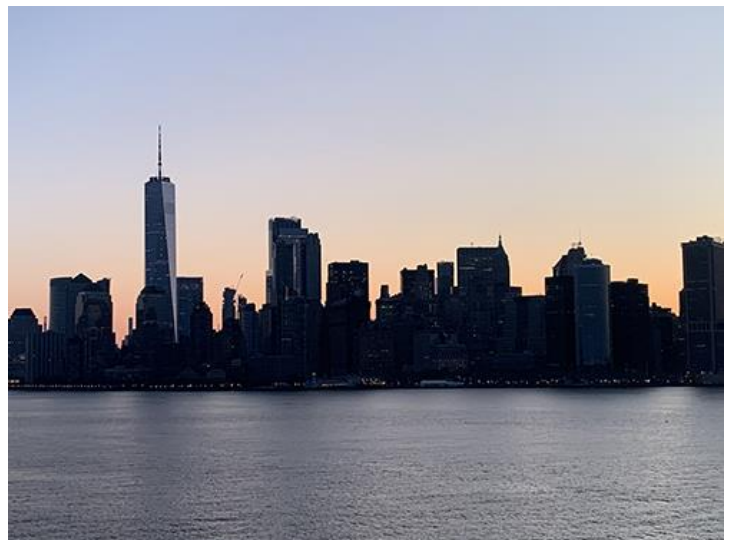
Appalachian Trail, Vernon New Jersey



Walking in Bermuda



Tobacco Beach, Bermuda



World Trade Center – AM Manhattan Skyline

Photos: What I See on the Road



My surprise walking partner



Love this house along my favorite route



Clover, South Carolina



Path through the woods. Franklin Lakes, NJ

Walking Products for Summer

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.



Cooling Towel 4 Pack: 40"x12"

Soft Breathable
Microfiber Towel for
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Running, Gym,
Workout, Camping,
Fitness, Workout &
More

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cotton, classic
washed style

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ATTCL Men's Sunglasses

Al-Mg metal
Ultralight Frame

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SOJOS Polarized Round Sports Sunglasses for Women

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A Supplement for Better Summer Health

Fish Oil – Omega 3 EPA & DHA Fatty Acids

When it comes to overall health benefits, it's hard to compete with fish oil.

What makes fish oil such a super supplement?

It's packed with the omega-3 fatty acids EPA and DHA. These powerful nutrients are like anti-inflammatories and antioxidants on steroids.

In fact, the main reason why omega-3s are so incredible is that they reduce inflammation throughout the entire body.

It's important to take fish oil year-round, and that goes for the summer too.

Plenty of supplements reduce inflammation, but fish oil does it in your joints, your blood vessels, and your brain.

Inflammation is the root of most diseases, and fish oil is your secret weapon in the fight for better health. Believe it or not, omega-3 supplements may even help you heal faster when you get a sunburn.

Omega-3 Deficiency Side Effects

Here are some of the health risks of not getting enough omega-3s:

- Faster skin aging
- Severe inflammation
- Allergies
- Digestive disorders
- Joint and muscle pain
- Arthritis
- Depression
- Anxiety
- Heart disease

...and these are just a few of the risks associated with omega-3 deficiency.

Unfortunately, most people don't get enough omega-3s, but taking a [quality fish oil supplement](#) can make up for it.



[Order Here](#)

Walking for Health and Fitness on YouTube

I have something for everyone on my YouTube channel. I've created over 95 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,
Frank



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.



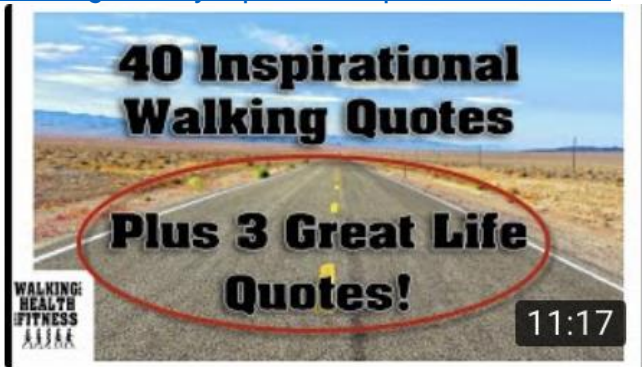
Walking for Health and Fitness Videos



[Walking Weekly Tips and Inspiration | Show 1](#)



[What Exactly is Fitness Walking](#)



[40 Inspirational Walking Quotes](#)



[15-Minutes of Affirmations & Music to Walk to a Positive Mindset](#)

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

WALKING: HEALTH & FITNESS
The Easiest Way to Get in Shape and Stay in Shape
By Ring, Frank S.

Fitness Walking and Bodyweight Exercises
Supercharge Your Fitness, Build Body Strength, and Live Longer!
By Ring, Frank

Walking Inspiration
A 12-Month Plan to Inspire Your Health and Fitness with 365+ Inspirational Quotes & More
By Ring, Frank S.

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Staying Motivated: Benefits of Walking

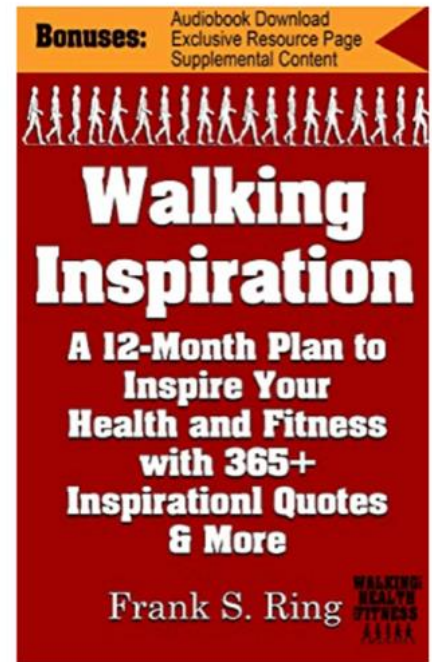
My book, [Walking Inspiration](#), has you covered for the whole year. Each month presents a new topic to boost your emotional and physical well-being and the daily quote will help keep you on track to reach your health and fitness goals.

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

Make 2022 your best year ever.

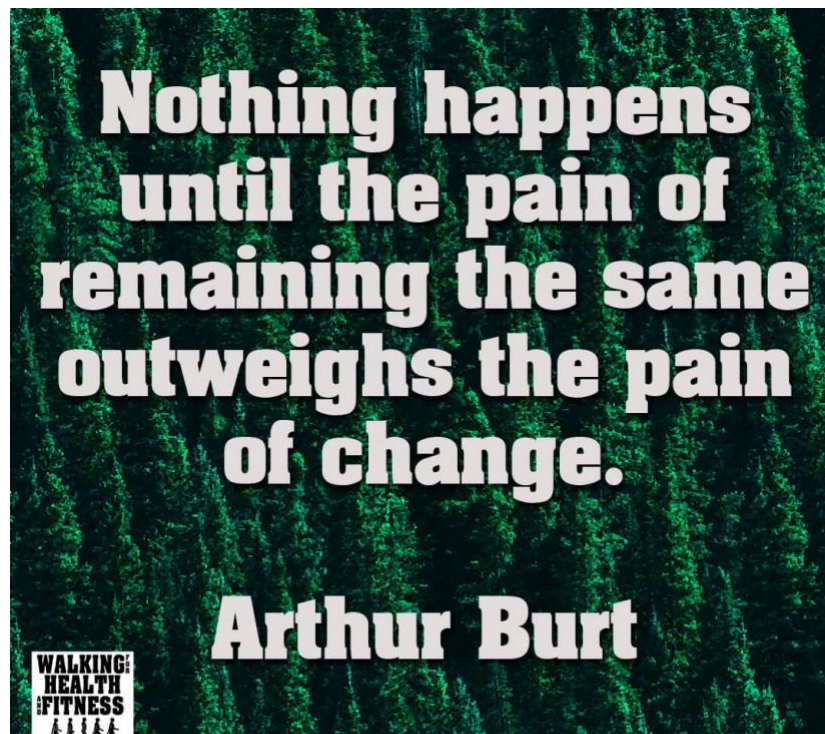
My March chapter covers the benefits of walking

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



By Ring, Frank S.

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WalkingForHealthAndFitness.com

The Cool-Down

1: Hand Fitness: If you've begun adding [pushups to your fitness routine](#), an important consideration is the strength and flexibility of your hands. Here's a quick and easy exercise to help you develop strength and flexibility in your hands.

Hand and finger exercises can help strengthen your hands and fingers, increase your range of motion, and give you pain relief. Stretch only until you feel tightness. You shouldn't feel pain.

Start with this simple stretch:

- Make a gentle fist, wrapping your thumb across your fingers.
- Hold for 30 to 60 seconds. Release and spread your fingers wide.
- Repeat with both hands at least four times.



2: Tired Leg Muscle Relief - Make Your Legs Feel Great

When your legs feel ugh, spell out your ABCs...with your feet!

Pointing your toes in the air and moving them as if you're tracing the alphabet activates the smallest muscles in your ankles and calves, which pump fluid out of your legs and back toward your heart.

Scientists at New York's Binghamton University say this simple trick can ease leg heaviness and pain within 2 minutes—and doing it twice daily helps prevent leg swelling. Start slowly and deliberately.



Gradually increase the amount of time you perform this lower leg exercise. You can also perform these while lying on your back to aid in draining fluids from your lower legs.

Keeping your legs feeling good is important if you want to get in more walking time. So, take a few minutes a day to perform these lower leg exercises.

"An ounce of prevention is worth a pound of cure"

Schedule a few minutes a day and get Tired Leg Muscle Relief - Make Your Legs Feel Great.

[Watch the Video!](#)

The Home Stretch

The JFK 50 Mile Challenge

History of the JFK 50 Mile Challenge

The JFK 50 Mile was first held in the spring of 1963. It was one of numerous such 50-mile events held around the country as part of President John F. Kennedy's push to bring the country back to physical fitness.

In 1963, the initial inspiration behind the event came from then President John F. Kennedy challenging his military officers to meet the requirements that Teddy Roosevelt had set for his own military officers at the dawn of the 20th Century. That Roosevelt requirement was for all military officers to be able to cover 50 miles on foot in 20 hours to maintain their commissions.

When word got out about the "Kennedy Challenge", non-commissioned military personnel also wanted to take the test themselves as did certain robust members of the civilian population.

The Marine challenge was taken up quickly by civilians, including the White House staff. As JFK had thrown down the gauntlet, his brother, Attorney General Robert F. "Bobby" Kennedy decided not to wait for the military test results and he and four aides immediately took up the challenge the very next Saturday, February 9th. RFK said to his last surviving aide before he dropped out at mile 35, **"You're lucky your brother isn't president of the United State."**

Bobby hiked 50 miles along the C&O Canal towpath from Great Falls, Virginia to Harpers Ferry, MD in 17 hours and 50 minutes in freezing weather, through snow and slush, without any preparation at all and in a pair of leather oxford dress shoes!

When Kennedy was assassinated in November of 1963, most of these events were never held again.

The JFK 50 Mile in Washington County, MD is the only original JFK 50 Mile Challenge event to be held every year since.

Original Information Source: [Moylagh JFK 50-Mile Challenge](#)



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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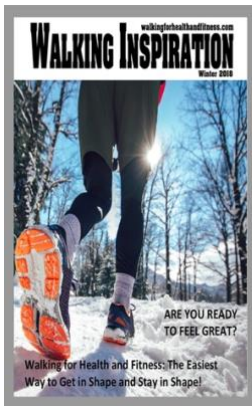
Subscribe to Walking for Health and Fitness.

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



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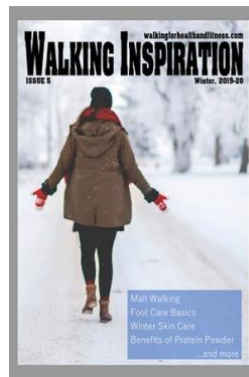
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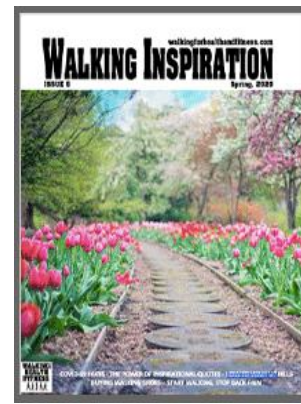
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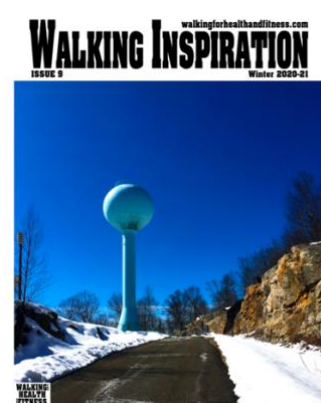
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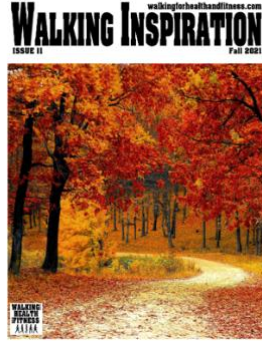


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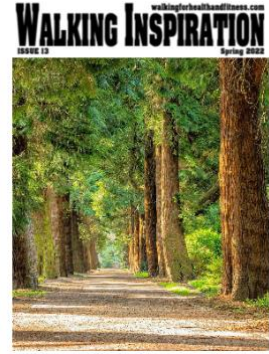
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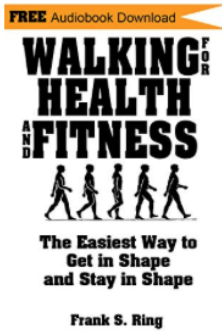


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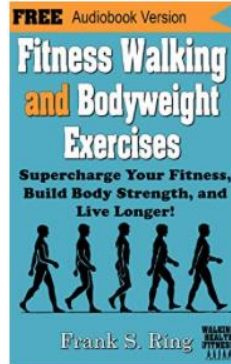


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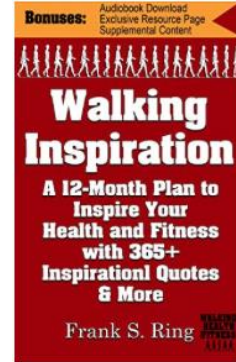
Walking Books – Available on Amazon.com



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

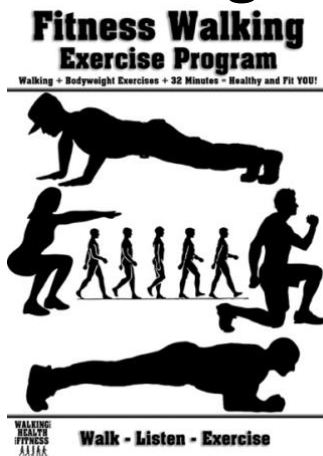


[Book #2
Fitness Walking and Bodyweight Exercises](#)

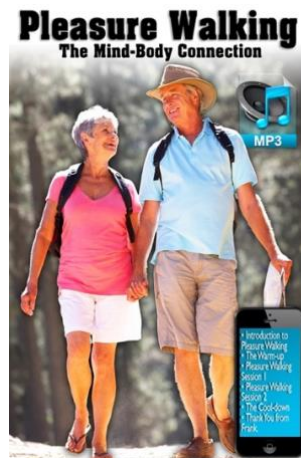


[Book #3
Walking Inspiration](#)

Walking Programs Created by Frank S. Ring



[Fitness Walking Exercise Program](#)



[Pleasure Walking Program](#)