

walkingforhealthandfitness.com

WALKING INSPIRATION

ISSUE 17

Spring 2023



Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 17 – Spring 2023

Frank S. Ring

WalkingForHealthAndFitness.com



Published by:

Walking for Health and Fitness
PO Box 1208
Oakland, NJ 07436

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
- Develop a personal accountability routine
- Developing good fitness routine habits
- Develop a clear mindset for creativity and problem solving
- Enjoying the walking lifestyle



Message from Frank

Springtime is here! I don't know about you, but I metaphorically come back to life in springtime. I love the longer days, sunshine, warmer weather, and the feeling that it's time to "spring" forward in my life's journey.

One way for me to do that is by beginning the planning process of starting a podcast. I've begun outlining the show's format and created a list of topics. Now it's just a matter of recording, editing, finding a host, and artwork. Wow, it's a lot to consider, but I'm excited about reaching more walking enthusiasts and the challenge of putting a show together each week. I'll have more details in upcoming emails.



Keeping with my spring renewal, **The Warm-Up** has three personal growth ideas to consider implementing this spring.

During the winter, I'd begun researching and moving to **plant-based nutrition**. You'll find it interesting, and it may help you reach your health and fitness goals.

Ease Yourself into Spring is about restarting your fitness regimen after the long winter. In **Fitness on the Road**, I cover how to do planks to strengthen your core muscles.

I've also compiled a great list of **walking products** to enhance your walking progress this spring.

I've finally released my **Walking for Health and Fitness program**! Through market research, I learned that many people were seeking a way to hold themselves accountable on their fitness journey. I've put together a walking program that focuses on your "why" for getting in shape, holding yourself accountable, goal setting, and developing good fitness habits.

If you've struggled to be consistent with your fitness, this program may be the thing to jumpstart you this spring.

Lastly, on March 26th, my first book, [**Walking for Health and Fitness**](#), once again reached #1 in Digital Walking Books and #2 in all walking books on Amazon's Best-Sellers list.

Walk on,
Frank S. Ring



The Warm-Up

Walking and working on your mindset go hand-in-hand. Walking on the road, raising your heart rate, and getting your endorphins flowing is a great time to reflect on your life's journey. Utilize this time to focus on you.

1. Start a New Relationship with Yourself

See yourself as your best friends see you. Focus on your best qualities and fall in love with them. Remind yourself of your achievements, focus on the good you do for others, be kind, and believe in yourself.

On your walks, set aside a few minutes and focus on yourself. Image feeling deep and pure love for yourself. Picture a glowing orb of light sending warmth throughout your body. Bask in love and acceptance.



2. It's Your Journey

Stop comparing yourself to others. Comparison places our focus on things and people outside of our control. It's your journey, and no one can walk it for you.

Here are ways clear the clutter, end unrealistic comparisons, and make room for yourself.

- Be aware of your comparisons.
- Get to know yourself.
- Celebrate your progress.
- Speak kindly to yourself.
- Choose what you stand for and the person you want to be.
- Be grateful for your efforts, lessons, and achievements.

3. Try Meditation

Meditation is the habitual process of training your mind to focus and redirect your thoughts. The popularity of Meditation is increasing as more people discover its many health benefits.

You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration.

People also use the practice to develop other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns and even increased pain tolerance.

With Juice Plus+ Plant Based Nutrition Just Got Easier

I committed to changing my eating habits at the start of the new year. I was not looking to lose weight as much as I wanted to have a leaner body. Age has a way of slowly adding extra bulk around the midsection.

Due to work commitments, winter had me home sitting at my desk more than any other time of year. Not being as active as usual didn't cause weight gain; it was just a feeling of being soft and lazy.

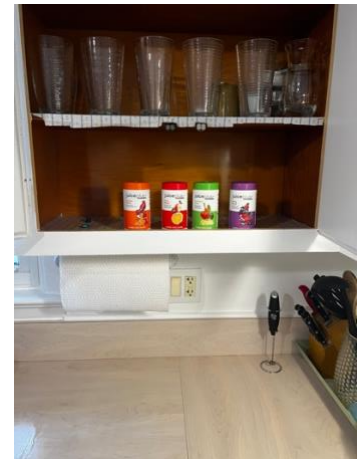
I believe that vitamins and supplements are necessary as I don't eat enough "good foods" such as fruits and vegetables. Yes, I get into a good eating streak of preparing food, steaming my vegetables, and even juicing. I have limited time to prepare meals for a few days when I get into work mode. But, somewhere along the line, I usually get off track and stop doing what is good for me.

The same things happen with my supplements. I'll read an article about a supplement, decide that's the magic pill I need, order it, then add it to my ever-expanding supplement routine, but just like with my healthy eating habit that goes astray, I would get overwhelmed by the number of vitamins I was taking, the time to sort them out each day, the financial commitment, scheduling when to take them optimally, and lastly, actually taking them each day.

Often, I didn't consume them all each day. I may have been rushed to get out the door and left home without taking my morning vitamins, or I'd eat out after work and not taken my afternoon allotment of vitamins. Or, worst of all, I would stop taking one or more of the supplements, and the half-full bottles would sit on my shelf for months before I'd toss them out.



Before JuicePlus+



[After JuicePlus+](#)

I took a good look at my supplements and came to a startling realization that if I read something good about a supplement, I ordered it, used it for a while, then moved on to the next supplement I read about.

Through an exciting chain of events (thank you, Daryl), I was introduced to the [Juice Plus+ company](#) and its line of plant-based powdered products. **As they advertise, "We love plants! Lots of different plants!"**

The Best Whole Food Nutrition

They create their [Juice Plus+](#) Essentials Fruit, Vegetable, and Berry Blend capsules with 30 different farm-fresh fruits and vegetables to give you the best whole-food nutrition. Their Omega Blend is plant-based with no fishy burps or aftertaste.

The light bulb when off in my head; complete natural plant-based nutrition has to be better than the many vitamin supplements I was purchasing and taking or wasting each day.

I was taking so many different supplements that I had to schedule time each day to sort them out and then keep track of when to take them throughout the day.

Sometimes my stomach felt off as I had so many to take. At times it became inconvenient to take my vitamins, and there were days when I had not taken them. Then I had to figure out which one I did take and needed to replace for the next day. In short, there were too many friction points to take as many different supplements as I had purchased.

I've written about streamlining the process of getting out the door to walk. A routine reduces the friction points. If you don't have a get-out-the-door routine in place, it's that much more challenging to develop the habit of walking each day.

Friction points caused me not to be consistent with taking my vitamins and supplements.

- Could I streamline my vitamin and supplement routine and meet all my nutritional needs?
- Could I eliminate the many vitamins and supplements (and their bottles) I was taking?
- Could I make improving my health and nutrition more efficiently and save money?

Yes, I could... and did!

Switching to plant-based supplements can have numerous health benefits, as they are often more easily absorbed by the body and free from harmful additives.

Find out how to add [JuicePlus+](#) into your daily routine for a healthier and more sustainable lifestyle.

[Check out JuicePlus+ Today for Better Health Tomorrow!](#)



Juice Plus+ Essentials Capsules are whole food based, providing added nutrition from a wide variety of 30 different fruits, vegetables, and berries, plus a blend of omega fatty acids sourced from plants, seeds, and algae.



Ease Yourself into Spring

Spring is a great time to regain physical fitness after the long winter months. Here are some tips on how to ease into springtime with physical fitness:

- **Start Slow:** Wait to jump into an intense exercise routine. Begin with light exercises such as walking or yoga. Gradually increase the intensity and duration of your workouts over time.



- **Set Realistic Goals:** Set achievable goals that you can realistically accomplish. For example, aim to walk for 30 minutes a day, three times a week.

- **Mix It Up:** Don't get bored with the same old routine. Try different walking routes and add bodyweight exercises such as pushups and planks to keep things interesting.
- **Schedule Your Workouts:** Make exercise a priority by scheduling it into your daily routine. This will help you stay consistent and make it a habit.
- **Find a Buddy:** A workout partner can help keep you motivated and accountable. Find someone who has similar fitness goals and make a plan to exercise together.
- **Stay Hydrated:** Drink plenty of water before, during, and after your workouts to stay hydrated and help your body recover.
- **Listen to Your Body:** Pay attention to how your body feels and adjust your workouts accordingly. If you're tired or sore, take a break or do a lighter activity.

Remember, the key to easing into physical fitness is to start slowly, set achievable goals, and make exercise a regular part of your routine. By following these tips, you'll be on your way to a healthy and active springtime.

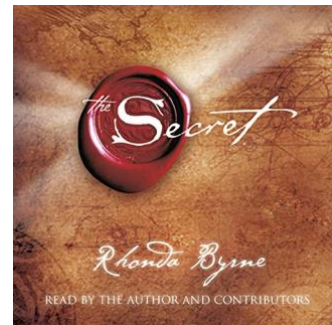
What I Listen to While I Walk

Walking gives you plenty of time to listen to all forms of entertainment. Listening to personal development audiobooks helps me get out the door more often and makes the walking mile go by quickly! Here is what I've been listening to since the last issue.

The Secret by Rhonda Byrne

Years ago, I watched the movie and read the book. I loved it again in audio format. In this audiobook you will discover the Secret, and you will learn how to have, do, or be anything you want.

[Order *The Secret* Audiobook](#)



From Blinkist: *Mini Habits by Stephen Guise*

Do you know that feeling of being on autopilot? When we're taking our morning showers or brushing our teeth, we hardly need to think about what we're doing at all. Why? Listen to this Blink for some practical advice on establishing your habits.

[Try Blinkist Risk-free Today](#)



Tom Petty & The Heartbreakers Live at the Fillmore, 1997

Tom Petty & The Heartbreakers famously played 20 nights at the legendary Fillmore venue in San Francisco in 1997.

Great covers of classic rock song along with Tom's original hits.

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 TODAY.](#)



Walking and Audiobooks

Listening to audiobooks has become increasingly popular as an alternative to reading physical books. The benefits of listening to audiobooks include:

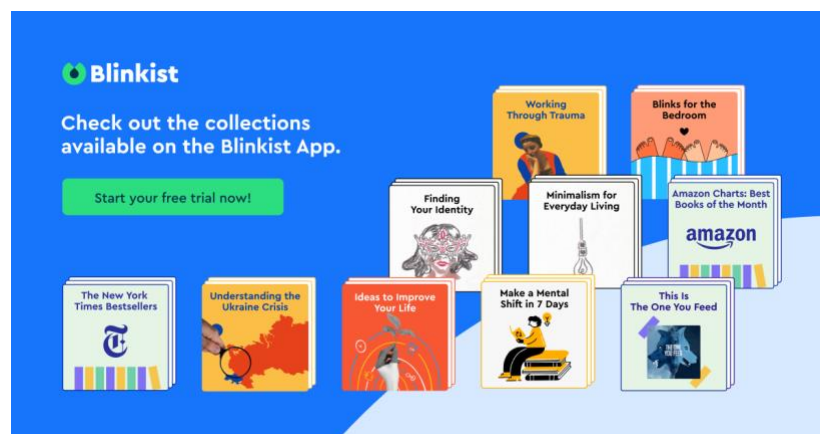
- **Convenience:** One of the biggest advantages of audiobooks is the convenience they offer. You can listen to them anytime and anywhere, whether you're driving, working out, or doing household chores.
- **Improved comprehension:** Audiobooks can help improve your comprehension and retention of information. This is especially true for complex texts, where hearing the text can help you better understand the material.
- **Access to a wider range of books:** Audiobooks can also provide access to a wider range of books than traditional print books. This is particularly beneficial for those who have visual impairments or find reading challenging, as they can still enjoy literature and learning through audio format.

Founded in 2012 by four friends, **Blinkist** connects 22 million readers worldwide to the most significant ideas from bestselling nonfiction via 15-minute audio and text.

So, what makes Blinkist tick?

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

Find a wide range of audiobooks and more on the [Blinkist App](#).



[Download Blinkist Today... Risk-Free!](#)



New Book Release: *Walking Logbook Journal*

My latest book, [Walking Logbook Journal](#), needed to serve a **greater purpose** and make a genuine mind-body connection between the benefits of walking and **writing down your thought, feeling, and creative idea afterward.**

Keeping a walking mileage logbook can offer several benefits, including:

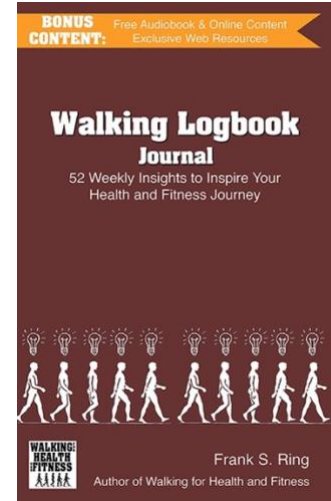
- **Tracking progress:** By recording your walking mileage regularly, you can track your progress over time. This can be motivating and can help you set new goals and push yourself to walk further.
- **Accountability:** Having a logbook can help you stay accountable and stick to your walking routine. Seeing your progress written down can be a reminder to stay on track.
- **Identifying patterns:** Looking back at your logbook can help you identify patterns in your walking behavior. For example, you may notice that you tend to walk more on certain days of the week or at certain times of the day.
- **Identifying areas for improvement:** Reviewing your logbook can help you identify areas for improvement. For example, you may realize that you tend to walk the same route every day and need to mix things up to avoid getting bored.
- **Health benefits:** Keeping a walking logbook can also help you keep track of the health benefits you are experiencing from walking, such as weight loss, increased energy, and improved mood.

Includes Bonus Content: (\$60 VALUE)

- **FREE DOWNLOAD:** Walking Inspiration Audiobook (\$15 value)
- **FREE DOWNLOAD:** 20 Inspirational Walking Quotes (\$15 value)
- **FREE DOWNLOAD:** Vital Signs Sheet (\$5 value)
- **FREE DOWNLOAD:** Walking Inspiration, my quarterly digital magazine. (\$25 Value)
- **FREE DOWNLOAD:** What's Your Why Worksheet
- **FREE DOWNLOAD:** Get Out the Door Checklist
- **FREE:** Exclusive webpage to read blogposts and watch video
- **FREE:** Warm up video

The *Walking Logbook Journal* is a great gift for the special people in your life.

[Order your copy today.](#)



[Click to Order – Includes \\$60 in Bonus Content](#)

Photos: What I See on the Road



Snorkel Beach, Bermuda



When you're happy, smile! Ross Dock, Fort Lee, NJ



Warwick, NY



A walking buddy!

Photos: What I See on the Road



The Palisades



Bermuda



Early morning NYC



Ramsey, NJ

UP: The Underwear Project

I've finally found the very best underwear for my long walks (and everyday use)! I've begun wearing underwear from **UP (The Underwear Project)**.

UP underwear is made from high-quality materials that are soft, breathable, and stretchy, providing a snug and comfortable fit that doesn't bunch up or ride up. It also offers adequate support where it's needed, whether it's for everyday wear or for more active pursuits such as sports or workouts.

My Favorite Features of UP:

- **PREMIUM MICRO-MODAL:** 95% Micro-Modal, moisture wicking, ultra-soft, environmentally friendly.
- **THE DUGOUT POUCH™:** So your boys are ready for the game.
- **ULTRA-BREATHABLE MESH "COOL DOWN" PANEL:** Keep your players cool.
- **EASY-ACCESS QUICK-RELEASE™ FLY:** When the most important player on your team needs to go, solo!



Overall, investing in a good pair of men's underwear is a wise decision, as it not only ensures comfort and support but also helps to boost confidence and self-esteem. With so many options available, it's easy to find the perfect pair that suits your needs and style.

UP (The Underwear Project) is committed to give back with their special donation program.

GET A PAIR, GIVE A PAIR-WE VALUE HELPING OTHERS

Every purchase from UP Boxers is eligible! With each pair of boxers purchased, UP donates a fresh pair to a child in need. In addition, **UP donates 5%** of all profits to partner organizations who support at-risk youths.

[Backpacks of Love](#)

[My Stuff Bags Foundation](#)

[Cedars](#)

[Check out UP's Classic and Chaos Collections](#) then, make a purchase for yourself and help others in need!



**GET A PAIR, GIVE A PAIR
UP VALUES HELPING OTHERS**

Order UP Today!

Walking for Health and Fitness on YouTube

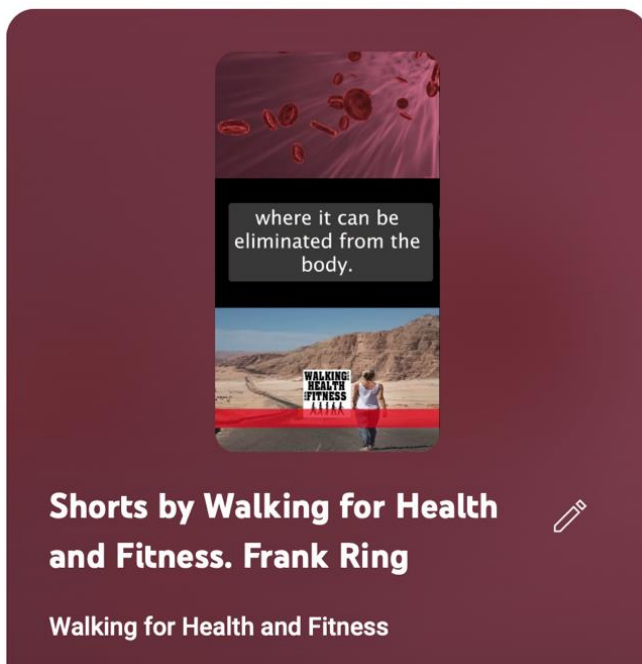


Are you a part of the Walking for Health and Fitness YouTube family? I've been expanding my YouTube presence with over 100 videos. Check out my [Walking for Health and Fitness Channel](#) and all my walking information videos. **Subscribe** and "ring the bell" to get notified when I upload new videos.

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

Like each video, ring the bell for notifications, and subscribe to the channel.

I've begun to add YouTube Shorts to my video content! [Check out the Shorts Playlist](#)



Walking for Health and Fitness is on YouTube!

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

2023 promises to be a busy year as I add more and more content to YouTube.

Walking Products for Spring



[Juice Plus – Plant Based Nutrition](#)



[Care Remote Socks](#)



[UP BOXERS - EXPERIENCE THE ULTIMATE IN COMFORT AND QUALITY](#)



[MAGCOMSEN Men's Tactical Jacket Water Resistant 6 Pockets Softshell Fleece](#)



[Sun Hats for Women Beach Hat Ponytail Hat Womens Sun Hat with UV Protection Wide Brim](#)



[Plarmod Sun Fashing Hat for Men, 3.5" Wide Brim Cools Super Wide Brim Sun Hat](#)

Walking for Health and Fitness Videos



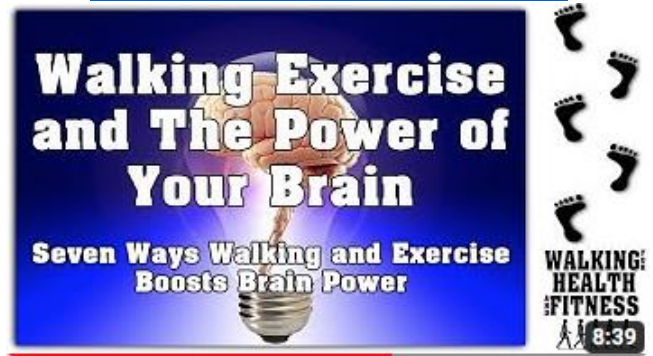
[Starting a Walking Exercise Program](#)



[15 Minutes Longevity/Mindset](#)



[11 Reasons to Love Walking](#)



[Walking Exercise The Power of Your Brain](#)

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

WALKING: HEALTH: FITNESS

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.
[BUY ON AMAZON](#)

FREE Audiobook Version
Fitness Walking and Bodyweight Exercises
 Supercharge Your Fitness, Build Body Strength, and Live Longer!
 Frank S. Ring
 By Ring, Frank
[BUY ON AMAZON](#)

Bonus: Audiobook Download Exclusive Resource Page Supplemental Content
Walking Inspiration
 A 12-Month Plan to Inspire Your Health and Fitness with 365+ Inspirational Quotes & More
 Frank S. Ring
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[BUY ON AMAZON](#)

Planks on the Road

The Plank is one of the best exercises you can do for your core because it builds isometric strength to help sculpt your waistline and improve your posture. Stopping your walk to do shoulder planks will strengthen and tone your core muscles.

Shoulder Planks

Targets the abdominal muscles, glutes, and hamstrings. Supports proper posture and improves balance.

Place your arms under your body and with elbows bent. Keep your whole body raised off the floor.



Keep your back and leg straight. Hold this position for 40 seconds.

While the current push to walk 10,000 steps a day is a benefit to your physical health, my experience is walking and fitness give me a greater benefit my mindset, outlook on life, and positive feelings about myself and others.

By combining walking and shoulder planks, you will:

- Increase your heart rate throughout the workout
- Burn more calories during the workout
- Build muscle, which will lead to more calories burned after the workout is over.
- Raise your resting metabolic rate which leads to more calories burned even after your workout has ended.

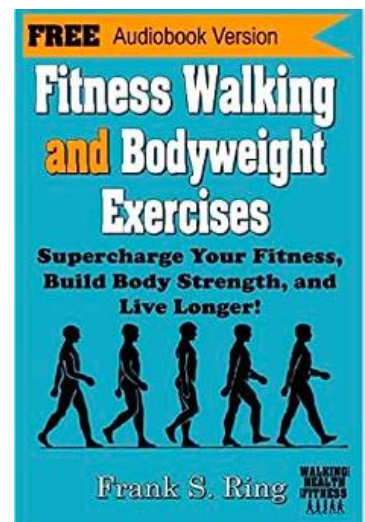
Fitness Walking and Bodyweight Exercises

Fitness walking is walking at a pace that talking to someone is labored.

Fitness walking is the perfect low impact way to get fit and stay fit! Because fitness walking is so low impact on your body, there is little risk of injury.

Fitness walking utilizes the hips, buttocks, lower back, abdominals, and upper body muscles.

[Available at Amazon.Com](https://www.amazon.com)



Walking for Health and Fitness Walking Program

ATTENTION!

A 60-DAY ACCOUNTABILITY ACTION PLAN TO WALK YOUR WAY TO HEALTH AND FITNESS

Are you tired of feeling sluggish and unmotivated? Do you find yourself sitting for hours on end, only to feel guilty for not exercising?

IT'S TIME TO TAKE CONTROL OF YOUR HEALTH AND START A NEW JOURNEY TOWARDS A MORE ACTIVE LIFESTYLE WITH OUR DIGITAL WALKING PROGRAM!

- I've got your solution if you're sick and tired of struggling.
- I designed this unique walking program with you in mind.
- It targets your body and mindset to propel you toward excellent health and fitness!
- It teaches you how to begin a walking exercise program, hold yourself accountable, set fitness goals, develop healthy habits and, more importantly, be in control.

Walking for Health and Fitness **Walking Program**



Accountability
Action Plan to walk
your way to
health and fitness

[Learn More](#)

BETTER HEALTH AND FITNESS BEGINS HERE

WHAT YOU'LL EXPERIENCE...

- An easy "step-by-step" plan to hold yourself accountable!
- The thrill of setting and crushing your personal and fitness goals!
- Learn how "Small Steps" will lead to big success!
- How knowing your "Why" will supercharge your fitness!
- Better health and fitness with each step you take!

The Walking for Health and Fitness Program is hosted on the Teachable platform.

- SAFE SECURE LOGIN LIFETIME ACCESS
- 30-DAY MONEY-BACK GUARANTEE
- ACCESS TO THE COMPLETE PROGRAM AS I ADD MORE CONTENT AT NO ADDITIONAL COST.

Included in the Program:

7 Program Modules Featuring the Core-Four Principles:

- What's My Why
- Setting Health, Fitness, and Personal Goals
- Developing Your Health & Fitness Habits
- Holding Yourself Accountable with the 60-Day Accountability Playbook

16 Program Videos • 1 Audio Track: Accelerated Health and Wellness Audio Track

12 Downloadable Information .pdfs including:

- Walking for Health and Fitness Program Booklet: This 60-Page book covers all walking information
- What's My Why Worksheet
- Personal Goals Action Plan Worksheet
- Small Steps to Big Success
- Small Steps Habit Tracker - Walking for Health and Fitness
- Accelerated Health and Wellness Audio Track Transcript
- 60-Day Accountability Playbook
- Win-Win Diet Journal
- Know Your Vital Numbers

Bonus Content:

- Successful Mindset
- ***Walking for Health and Fitness*** by Frank S. Ring
- ***Walking for Health and Fitness*** Audio Book
- ***Walking Inspiration*** by Frank S. Ring
- ***Walking Inspiration*** Audio Book
- 6-Walking Music Tracks
- Inspirational Quotes: 6 Ways Inspirational Quotes Can Change Your Day for the Better!

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

[LEARN MORE](#)

Coming Soon: Walking for Health and Fitness Podcast

I'm excited to begin my newest **Walking for Health and Fitness** adventure! Later this spring I'll be releasing my first episode of the Walking for Health and Fitness podcast. The podcast's focus will be... wait for it; Walking, health, and fitness!

From the beginning of my walking journey, my goal was to help others enjoy the benefits of walking. See page 4 and my goals for creating **Walking for Health and Fitness**.

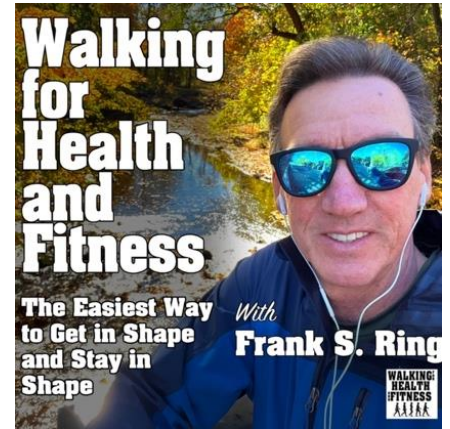
The podcast is the natural extension of this goal. I want it to be similar to the format of this newsletter. I plan each episode to be 20-30 minutes long with several recurring segments.

Now you can use the time it takes to listen to the show as your walking warmup and walk your first mile. Over time it will evolve to include guests, including health and fitness experts.

I'll contact you via email, website, and social media with more information as my launch date gets close.

Benefits of Listening to Podcasts:

- 1. Learning and personal growth:** Podcasts cover many topics and can provide an easy and convenient way to learn new things and expand your knowledge on various subjects.
- 2. Convenience and accessibility:** Unlike reading a book or watching a video, you can listen to podcasts while doing other tasks, such as commuting, cooking, or Walking! With a smartphone and a pair of earphones, you can access a vast array of content from anywhere in the world, anytime.
- 3. Entertainment and storytelling:** Podcasts can be a great source of entertainment, with hosts often delivering content in an engaging and conversational style.
- 4. Community and connection:** Many podcast fans feel connected and belong to the communities built around their favorite shows. Listeners can engage with hosts and other fans through social media, discussion forums, or live events.
- 5. Exposure to diverse perspectives:** By listening to podcasts that feature various hosts and guests, we can expand our understanding of the world and broaden our horizons



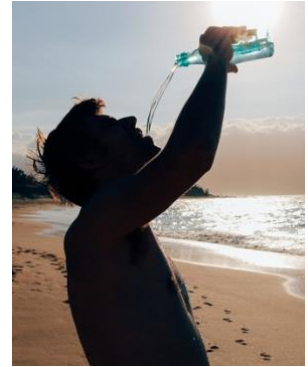
The Cool-Down

3 Proven Way to Protect Your Heart:

1. Drink more water: Scientists say they found a link between dehydration and cardiac fibrosis, which is a hardening of the heart muscles.

2. Get more active: A 2022 study at the University of California San Diego found that people who are happening around the house for four hours every day are 62 percent less likely to experience a fatal heart attack. The main thing is to be on your feet for at least four hours every day – those who only spent two hours being active didn't experience a risk reduction. According to the researchers, this regular activity is just as beneficial as more strenuous activity, such as running.

3. Eat an egg a day: Researchers discovered that people who regularly eat eggs are far less likely to get heart disease or a stroke because they have higher protein levels that build HDL cholesterol. Once touted as a significant cause of heart disease, eggs are now known to be good for you – they even protect your heart by increasing levels of high-density lipoprotein (HDL), called "good" cholesterol.



Start Small to Make Big Changes

Forget sweeping changes – minor, regular tweaks to your routine add significant health benefits. Follow

You don't have to overhaul your life to become healthier. Instead, building small changes into your routine can yield enormous benefits: a better mood, improved sleep, a sharper brain, and reduced disease risk. The trick is to use everyday activities as triggers for your changes.

For example, I do a quick warmup and perform bodyweight exercises immediately after getting out of bed. When I don't do them then, I find it challenging to get into doing them later in the day. So, I use "getting out of bed" to trigger these exercises. Also, establishing a new habit is about consistency and frequency. It takes between 18 and 254 days to ingrain a new habit, so stick with it!

[My NEW Walking for Health and Fitness Program](#) centers around four leading principles. Developing positive habits is one of them. Check out this exciting new program and learn how to create new habits to improve your health and fitness quickly.

The Home Stretch

Three Ways to Support Your Immune System

Chronic inflammation, left unaddressed, can damage healthy cells, tissues, and organs, and may cause internal scarring, tissue death, and damage to the DNA in previously healthy cells. Adding these anti-inflammatory nutrients to your diet can give immediate health benefits.

1. **Omega-3 Oils:** Your body needs a balanced combination of omega-6 fatty acids and omega -3 acids. You will be in a pro-inflammatory state if you have too much omega-6 due to a diet high in grains, sugar, and seed oil. Omega-3 balances this out. You can increase omega-3 levels by having fatty fish, such as wild Alaskan salmon, tinned sardines, smoked salmon 3-4 times a week, and pasture-raised organic eggs. If you don't like the fishy aftertaste of fish oil supplements, [Juice Plus](#) makes an excellent plant-based Omega-3 supplement.



2. **Turmeric:** The spice has been used therapeutically for thousands of years, and now we're starting to get more research to justify its use in modern medicine and how it can have a potent anti-inflammatory impact and help with things like joint pain and general aches and pains that come from systemic inflammation. The bioactive compound within turmeric is curcumin. But turmeric must be consumed with fat (such as coconut oil) and black pepper to receive the benefits. There are many supplements available on Amazon. I've used a product from [Vimerson Health](#) with good results.
3. **Resveratrol:** Resveratrol is a polyphenol, a naturally occurring, potent antioxidant. Although you can find it in peanuts, blueberries, and cranberries, it's most prominent in the skin of grapes and shines through in natural grape juice and red wine. We know resveratrol is an anti-inflammatory because it's an antioxidant, so it affects cells in your body by protecting them from damage. Most notably, it helps with brain and heart inflammation by providing a protective lining for your blood vessels and preventing insult or injury. This means it could have neuroprotective qualities, help preserve memory and brain function, and prevent heart disease and strokes.

Sore Throat Relief is a Few Steps Away

Have a sore or irritated throat? Then heading outside for a daily walk could provide the path to milder symptoms and a quicker recovery. Combining fresh air and the gentle movement of the walking stride helps open and drain sinuses, eliminating postnasal drip and throat pain. If you are sensitive to pollen, walk in the morning when pollen counts are at their lowest between dawn and noon.

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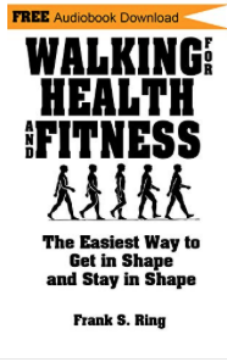
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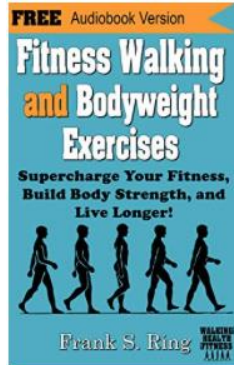
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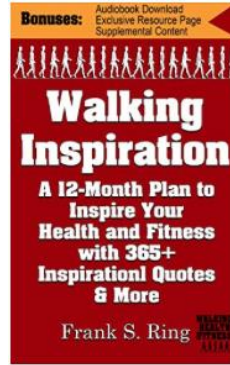
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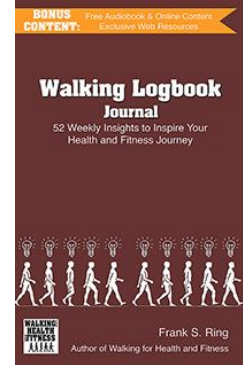
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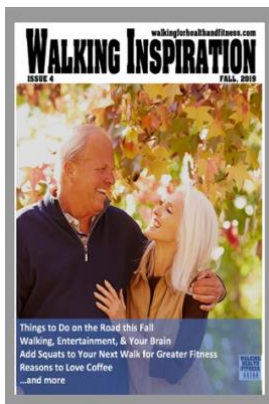
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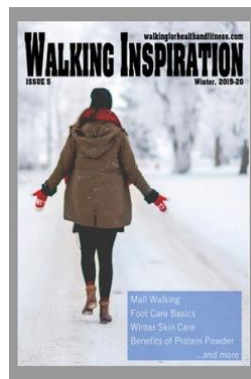
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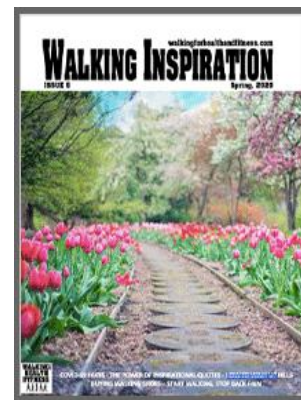
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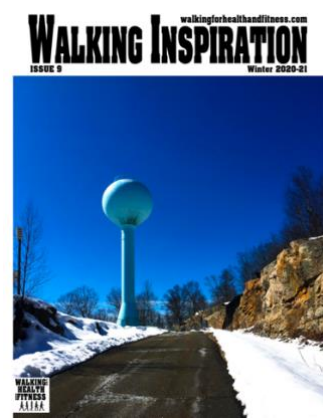
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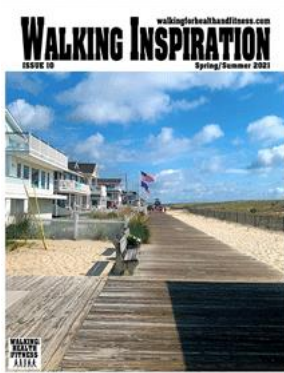
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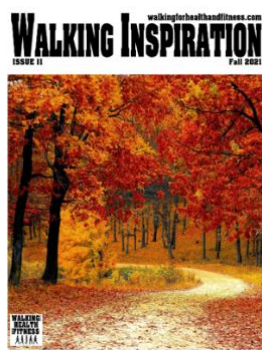
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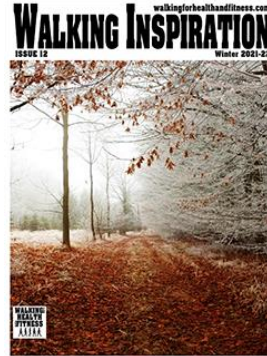
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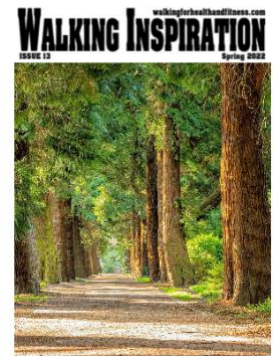
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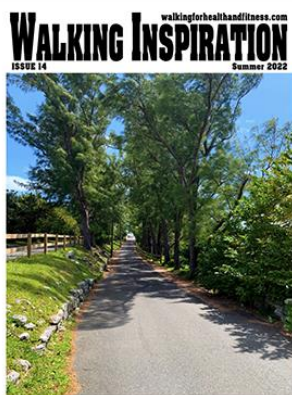
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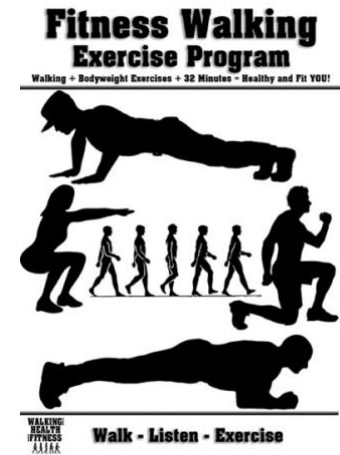


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