

walkingforhealthandfitness.com

# WALKING INSPIRATION

ISSUE 10

Spring/Summer 2021





## Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 10 Spring/Summer 2020-21

*Frank S. Ring*

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

**Published by:**

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

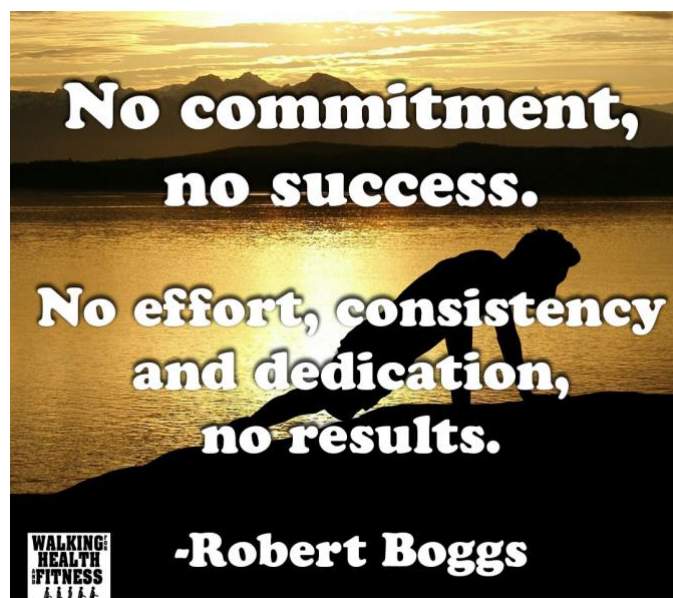
A broader smile, happier disposition, brighter outlook on life, and general feelings of bliss...proceed with wild abandon!

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 eating habits
- Developing good fitness routine habits
- Enjoying the walking lifestyle

## Message from Frank

"The Only Constant in Life Is Change."- Heraclitus

You'll notice that I combined the Spring and Summer 2021 issues into one file. I've struggled with how much to reveal in my reasoning for delaying this issue. By reading the Heraclitus quote, you may have guessed that some change has happened to me. The most obvious would be the Covid virus, but thankfully I did not catch it.



No, something I never thought I'd do happened in February that caused my motivation for running my website, creating walking information videos, and blog post to take a nosedive.

Separation and now divorce. Quite simply, the end of my marriage was a slow, steady decline. In the end, I knew without a doubt that I must move on. Unfortunately, I never expected the emotional toll it would take on me.

On the stress charts, they say that divorce is number two behind the death of a loved one. And while I initiated and wanted it, I wasn't prepared for the sense of loss I felt.

I've always run, then later walked to keep in shape and deal with the minor stresses in life. And while walking helped enormously, I needed more time than I thought it would take.

I'm now back on track with my "walking thing," as my friends call it, and I'm so excited about my future. I feel the next several years will be my most creative and fulfilling personally and professionally.

I hope you stay reading my newsletters, blog posts, and social media as I plan to post more excellent walking content!

"Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end." -Roy T. Bennett.

Walk on,  
Frank S. Ring

## The Warm-Up

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

### More Reasons to Love Walking

#### Deeper Connection

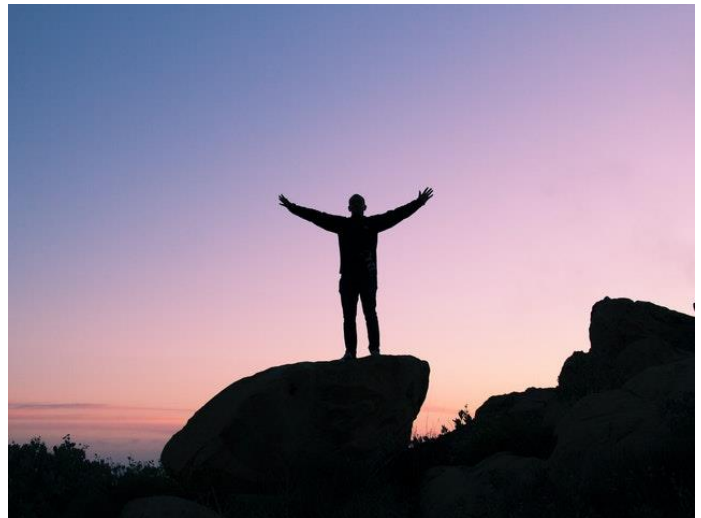
When you go for a walk with your significant other, you tend to move your bodies in a similar way – it’s called “synchronous movement” – this can increase rapport and strengthen your relationship. Walking together encourages discussion on life’s deeper issues. Chatting while walking my help make difficult conversations easier.



#### Greater Confidence

The journal, Body Image recently published a study that found people who walked in nature were much more likely to feel good about their bodies than those who walked in urban environments.

Researchers think that nature walking dampens our negative thoughts and helps us focus on how our body works rather than how it looks.



#### Tone While You Walk

[These metabolism-boosting bodyweight exercises](#) will help you firm up and trim down.

- Pushups
- Planks
- Lunges
- Squats

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



# What I'm Listen to While I Walk

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

## [The Know Like Trust Podcast](#)

Betti Russo & Christine George

The theme of this show is when your clients know, like, and trust you, something magical happens.

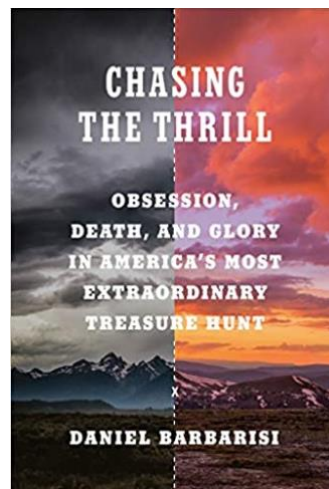
You become the authority in your niche; you attract like-minded people, your business thrives, and most importantly, you feel great because you've helped people and built valuable relationships along the way.



## [Chasing the Thrill by Daniel Barbarisi](#)

This audiobook is a modern-day treasure hunt with so many twists and turns. Captivating and shot through with dramatic plot twists, colorful personalities, and insights into the nature of obsession.

This story had me walking extra miles each walk!

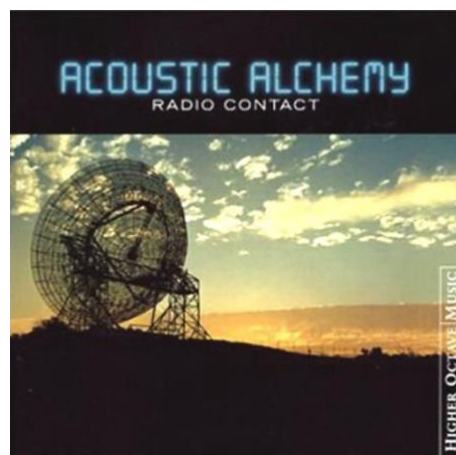


## [Acoustic Alchemy – Radio Contact](#)

I've been a fan of Acoustic Alchemy for years and been playing the tracks from this release for the past few walks.

This upbeat collection of songs never fails to put a little pep in my step. Check out [No Messin'](#) then give the rest of the "album" a listen.

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

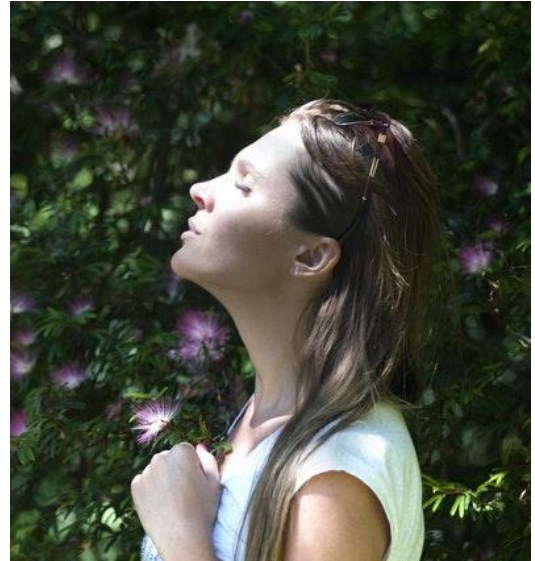


# **Breathing and Walking – A Surefire Stress Busting Combination**

The act of walking is as natural as breathing. Breathing is something we can control and regulate. It is a useful tool for achieving a relaxed and clear state of mind.

I will show you how proper breathing while walking will help you gain the full benefits of walking.

To breathe properly, you need to breathe deeply into your abdomen, not just your chest. Breathing exercises should be deep, slow, rhythmic, and through the nose, not through the mouth. The most important part of deep breathing is to regulate your breaths.



I like an odd number pattern to my breathing routine.

## **Odd Number Breathing Pattern:**

- Begin by exhaling from your mouth for a count of 3.
- Then, inhale through the nose, thereby expanding the belly for a count of 4.
- The cycle is a 7 count (an odd number).
- Adjust the pattern as you see fit, but always use an odd number with the inhale 1 count more than the exhale.

Going forward, if you need to shorten the count-- especially if breathing gets heavier with more exertion-- just change to a 5-count; 2-count exhale, 3-count inhale.

## **Walking and Breathing:**

When we use the Odd Number Breathing Cycle, the cycle alternates the start point (or foot we land on) with each cycle of breathing.

Begin using this breathing cycle exercise on your walks. In a very short time, this breathing pattern will become second nature.

I found that when I concentrate on walking and breathing, I quickly drift into a more meditative state.

[Learn more about the power of walking, breathing, and the positive effects they produce.](#)



## Is Your Health Care Provider Proactive?

Does your health care provider offer an incentive to stay in shape?

Starting on January 1st of this year, my health care provider began offering an incentive to exercise. It's very simple, if I walk 10,000 steps in a day 12 times in a month, they will send \$20 directly into my bank account!



I download their app onto my iPhone and it syncs with the Health app that tracks my steps.

We all know the health benefits of walking and doing the “magical” 10,000 steps:

- Improve heart and lung function
- Reduced body fat
- Stronger muscles and bones
- Weight loss
- Alleviates depression and anxiety

Finally, health insurance companies are seeing the wisdom of preventative care to keep down long-term health care costs.

Check with your provider and see if they offer a similar program. **If they don't then demand they do!**

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



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

# How Leaders in All Fields Walk and Brainstorm

Walking to enhance the creative process is not a passing fad, great thinkers throughout history have used walking to facilitate their ideas.

- Aristotle – Walked the city streets with his students
- Beethoven – Walked with pen and paper in hand
- Sigmund Freud - Freud conducted many walking analyses
- Steve Jobs – Established walking meetings on first encounters with employees or business interests
- Charles Dickens – Walked up to 30 miles a day when working out problems with his writing
- Charles Darwin – Installed a gravel path on his property to walk and think through problems

Here are some benefits of walking and how it can help you be more creative, think better, get more done, relate better, and live longer.

## Creativity will flow

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

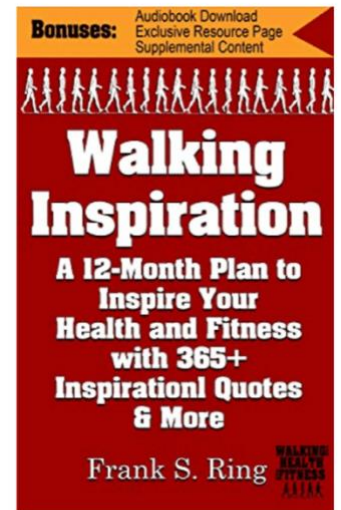
In this study, the authors used an experiment known as Guilford's Alternative Uses Task.

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

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

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

**Overall, 81% of the participants saw an increase in creativity when they were walking.**



By Ring, Frank S.

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## Photos: What I See on the Road



Paulinskill Valley Rail Trail



Newton, NJ



Columbia, NJ



Easton Tower Historical Site

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



**Independence Day!**



**Darlington County Park, Mahwah, NJ**



**Can't beat the view from this walk!**



**I wish I owned this web domain name!**

# Heat Related Issues

## Walking in Hot Weather

Know the heat index which is a result of the combined effects of the temperature and humidity of the air.

For example, if the temperature outside reads 84 degrees, you may think that it is not too warm to walk in, but if the relative humidity is 85%, then the heat index will read 96 degrees.

This could lead to some pretty serious consequences if you are not prepared for this much warmer “real feel” temperature.

Check out the link below to the National Weather Service.

## [National Weather Service Heat Index Calculator](#)

### Helpful Advice:

- Acclimatize yourself to the warm weather.
- Begin with short walks as the first hot days arrive.
- Gradually increase distance and intensity of your walks.
- You must drink lots of water BEFORE, DURING, and AFTER a walk in hot weather.
- Carry a water bottle with you and sip from it often in hot weather.
- Wear synthetic fabrics that pull moisture away from the body, which allows sweat to evaporate quickly and you to feel more comfortable.
- Wear light color clothes to reflect the sun.
- Wear sunblock for exposed skin.
- Choose a sunblock designed for exercise and sweating
- Wear a hat to protect your scalp.
- Wear a good pair of sunglasses.
- In extreme heat, back off of your usual pace.
- Hot weather can adversely affect your strength and stamina



## If You Overheat:

### Heat Cramps

- The seizing up of one or more of your muscles, often the calves
- Often the first sign of heat-related trouble
- If you experience heat cramps
- Stop walking and get to a shaded area
- Gently massage and stretch the affected muscle
- Apply ice if available

### Heat Exhaustion

- Profuse sweating
- Cold clammy skin
- Weak and rapid pulse
- Pale skin
- Dizziness

### If You Experience Heat Exhaustion

- Move into the shade
- Lie down and elevate your feet
- Drink plenty of fluids
- Monitor your pulse
- See a doctor for treatment

### Heatstroke

- The most serious of the heat-related illnesses
- You stop perspiring
- Skin is hot and dry to the touch
- Strong but rapid pulse
- Difficulty breathing

### If You Experience Heatstroke

- Get into shade
- Remove as much clothing as possible
- Cool down as quickly as possible
- Water
- Fan
- Air conditioning
- Ice packs
- Wrap yourself in cold wet sheets
- Seek immediate medical attention... meaning – **GET TO A HOSPITAL!**

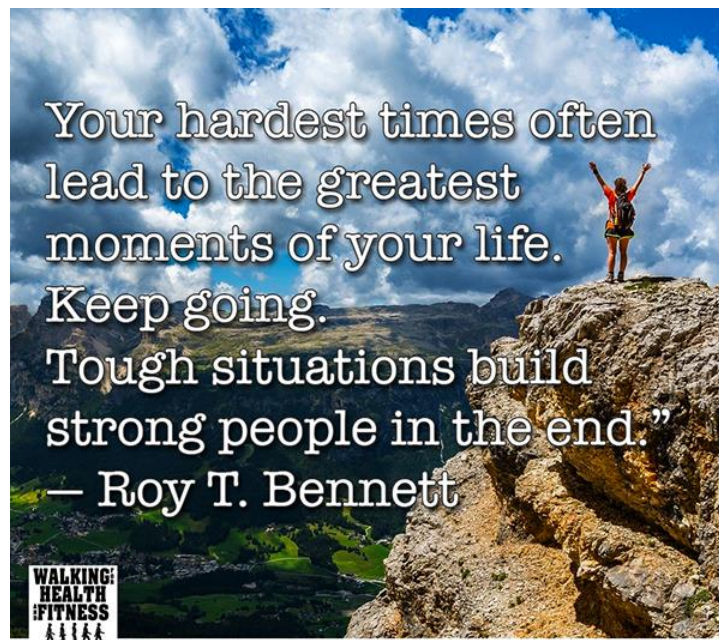
Hot weather does not have to put an end to your walking routine. Slowly acclimate yourself to the hot weather, drink plenty of fluids, back off your normal pace for the first few walks in the heat, cover your head from the sun, and in a short amount of time you will be walking your normal routine!

## Weekly Walking Tips and Inspiration Show

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

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

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



**WalkingForHealthAndFitness.com**

**Walking for Health and Fitness is on YouTube!**

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

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

## Walking and Mindset:

A few years ago, as I was dealing with my back injury and had just started on my walking rehab/journey, I listened to many audiobooks.

One book and program that help me was [Manifestation Miracle](#) by Heather Mathews.

Heather bases her teachings on the law of attraction and presents her program in an "easy to follow" format.

My favorite feature is the Quick Start Guide. It gives you clear daily instructions on how to progress in utilizing the law of attraction.

The Program, book, & audiobook are excellent, and I credit it with a turn-around in my life.

I was at a low point in my life because of the physical breakdown of my back, and the passing of my mother.

Listening to this audiobook and doing the daily action steps as part of the program helped me out of my funk. I give the [Manifestation Miracle program](#) credit for helping me create the Walking for Health and Fitness Website, writing my three walking books, and now as I write for this newsletter and my Weekly Walking Tips and Inspiration show on YouTube.

If you're are looking to make a change in your life, even a small change, especially as the new year is coming upon us, I highly recommend Heather Mathews and her Manifestation Miracle Program.

[Manifestation Miracle comes with a 100% money-back guarantee and is available as an immediate download.](#)

Try this outstanding program, you have everything to gain.

[Download a FREE Mediation Audio Track](#)

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# Good Eats – Recipe by Stacey

## Crispy Garlic Smashed Potatoes with Siracha Sour Cream

My family would happily eat these every night of the week. I'm thinking the same for yours of course 😊

- 👉 preheat oven to 450
- 👉 get a medium pot of water going to boil the potatoes
- 👉 place in 24 ounces small Yukon gold potatoes (about golf ball size) and boil for 15-20 minutes until tender
- 👉 melt 3 TB butter and combine with 2TB garlic flavored oil (or you could season with garlic powder...do not use fresh garlic as it will burn)
- 👉 on a baking sheet smash the potatoes with a fork or potato masher trying to keep them in one piece. You will need two baking sheets
- 👉 salt and pepper each one and drizzle with a 1 TB butter & oil mixture taking care to get the middle and ends
- 👉 bake for 20 -25 minutes until crispy

Make your Siracha Sauce:

- 👉 1/4 cup sour cream
- 👉 1/4 cup Mayo
- 👉 3-4 tsp siracha
- 👉 1 tsp lime juice



👉 See more: [Recipes by Stacey on Instagram](#)

# The Cool-Down

## FAQ's: Ask Frank

### ->What's more important, the distance I walk or amount of time I walk?

The great thing about walking is there is no right or wrong answer to this question. It all depends on what make you feel good. I'm a fan of the amount of time walked or what I call time on my feet. I been obsessive about tracking my mileage ever since I began my Virtual Walk Around the United States. I like having a total at the end of the month. As a running coach, I like to track my runners "time on their feet" in training. I want them to be able to run for longer time which helps them build their muscles before pushing them to run harder and faster. As I've gotten older, I'm more concerned with staying stronger. I figure if I can walk for 60-90 minutes at a time then I'll be in good enough shape to ward off most illness.

### ->Do you have a "creative process" you use when you're out walking?

Yes, I do! I find I'm at my most creative when I'm walking. I think it's the time spend "in my own head" with nothing else to do but think. I do listen to audiobooks and music (see my recent listening list on page 7) but I find that when I walk in silence or listen to instrumental music my mind goes to a different space.

Often, if I have a pressing issue, I'll make a note in my Notes App then just walk. I don't initially dwell on the problem. Then slowly, my mind will drift to it and often questions come up about the issue and very soon after a number of possible solutions. For instance, I was stuck on what this issues Message from Frank would be. More specifically, how will I convey to my readers some delicate issues I've had to face in the past 5 months. A recent walk and "Notes App" session help clear it up for me.

On you next walk, start with a minor issue. Record it in your smartphone then just let it go and see how your process will develop.



## The Home Stretch

**Just do it!** Get out on that walk, get into a groove, get lost in your thoughts, and very quickly you will be asking yourself many of life's big questions and pondering the meanings of the quotes in this book. Excerpt from my book: [Walking Inspiration](#).

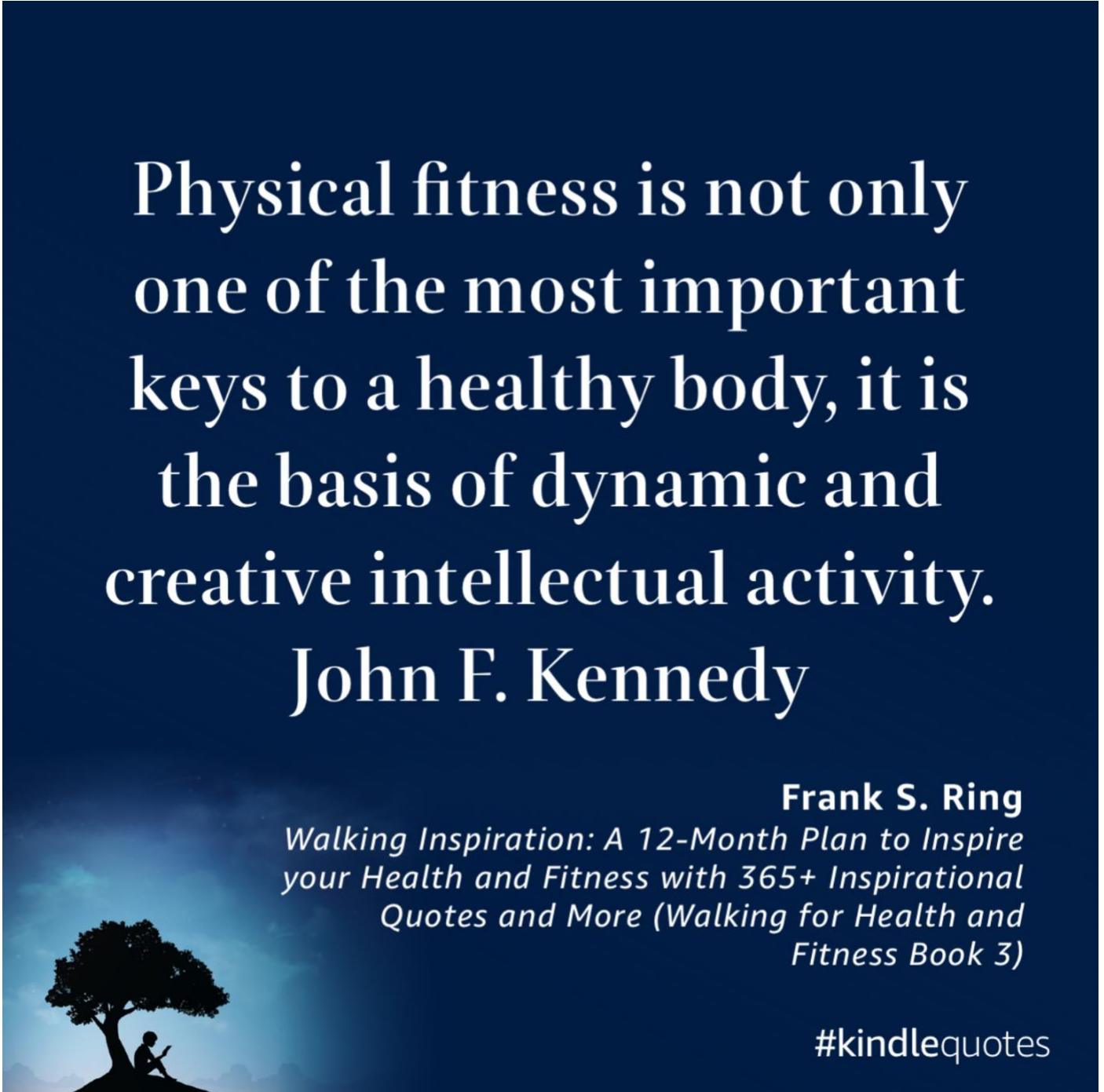
Physical fitness is not only  
one of the most important  
keys to a healthy body, it is  
the basis of dynamic and  
creative intellectual activity.

John F. Kennedy

**Frank S. Ring**

*Walking Inspiration: A 12-Month Plan to Inspire  
your Health and Fitness with 365+ Inspirational  
Quotes and More (Walking for Health and  
Fitness Book 3)*

#kindlequotes



## **Walking for Health and Fitness on Social Media**

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



[Walking for Health and Fitness Program](#)



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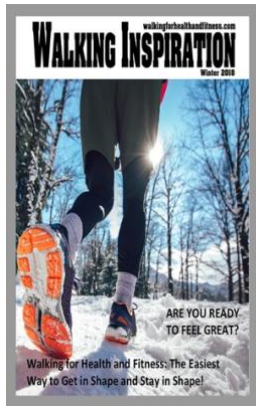
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Download our *Get out the Door Checklist* and receive *Walking Inspiration*,  
our quarterly newsletter completely free.

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



# Walking Inspiration: Download Past Issues – FREE



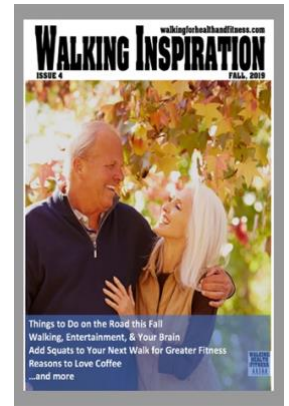
[Issue #1 Winter, 2018](#)



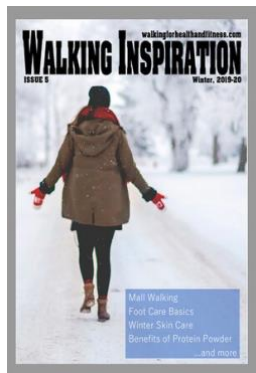
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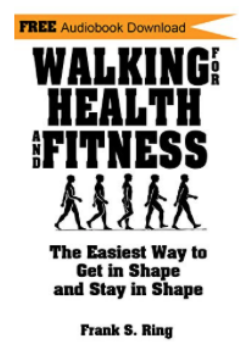
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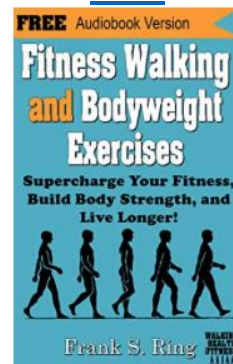
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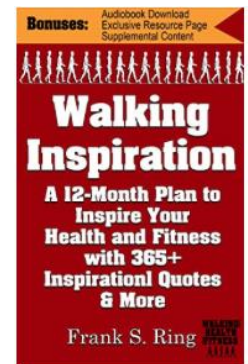
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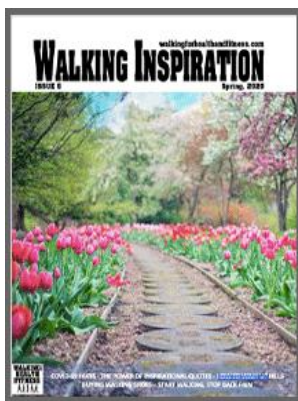
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[Book #2  
Fitness Walking and Bodyweight Exercises](#)



[Book #3  
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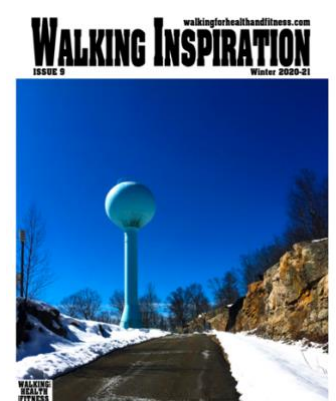
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