

WALKING INSPIRATION

walkingforhealthandfitness.com

ISSUE 6

Spring, 2020



COVID-19 FACTS - THE POWER OF INSPIRATIONAL QUOTES - HOW TO WALK UP HILLS
BUYING WALKING SHOES – START WALKING, STOP BACK PAIN





Walking for Health and Fitness

-- The Newsletter: Spring, 2020 --

Frank S. Ring

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

Contents

OUR MISSION	4
MESSAGE FROM FRANK	5
THE WARM UP	6
COVID-19 FACTS	7
WHAT I SEE ON THE ROAD	8
POWER OF INSPIRATIONAL QUOTES	10
FITNESS ON THE ROAD – How to Walk Up Hills	11
EQUIPMENT REVIEW – How to Buy Walking Shoes	12
START WALKING TO STOP BACK PAIN	13
COOL DOWN & HOME STRECTH	14

THE WALKING FOR HEALTH AND FITNESS MISSION

Walking for Health and Fitness

Walking for Health and Fitness is a health, fitness, and wellness website, books, magazine, and digital program dedicated to walking and all the physical, psychological, 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

Wow, how will I ever forget the Spring of 2020! Locked down by the Covid-19 virus and watching the death counts climb with each passing day. I'm a high school teacher and on March 13th were told to prepare to be out for two weeks. That seemed reasonable with what I had been reading and watching on the news, especially from China and Italy. Also, the winter flu season had been a rough one and I figured that if we cleared out and gave the district time to clean the school and have this virus pass us we'd be up and running in no time... boy was I ever wrong. We never made it back to school! And even now, the fall semester is up in the air as to how we will be handling social distancing in the classroom.



I live and teach in North Jersey and we were hit particularly hard. Even as late as early May the death count in NJ is over 1000 per week... that seemed unimaginable that in this day and age with all the medical advances we have that a virus which had been off the radar even in early January would wreak this type of havoc on our health, our daily lives, our financial situations, and our very survival.

This leads to this month's issue and how important it is to be in good physical condition. While statistics are not out yet, the anecdotal evidence pointed to many victims of Covid-19 having underlying health issues. The top four issues seem to be, diabetes, heart disease, history of smoking, and those who were overweight.

While we can't go back in time, if you fall into one of the categories, you have time to turn things around for yourself. The prediction at this time is the virus will return this fall (not that it seems like it's going away anytime soon).

As I've written in my books, magazine, and website, walking is the easiest way to get in shape and stay in shape. If you haven't done so already, begin walking today! If you have begun already... keep up the good work! This is not only important to get through the COVID-19 crisis, but being in good physical condition will improve many aspects of your life and help you live longer.

Walk on,
Frank S. Ring

The Warm-Up

Reasons to walk (Continued from Issue 5)

#16 Build Stronger Core Muscles to Protect Your Back

Walking engages your core-muscles to help stabilize your spine. They include Transverse abdominis (located on each side of the naval) Internal and external obliques (extending diagonally from ribs to pelvis) Rectus abdominis (known as the six-pack). Walking is a preventative and a great remedy for back pain!

Read more about my upcoming book: [Easily Walk Away from Back Pain.](#)

#17 Photo Opportunities

One of my favorite activities is to take pictures while out on my walks. With Smartphones having great camera abilities, it's as easy as point and click to get that great sunset shot or the deer that grazing at the side of the road. Check out my feature, **What I see on the Road.**

A Note From Frank:

My Writing Journey

In an attempt to improve my writing I've begun to submit non-fiction stories online. Enjoy some quick-read stories that get straight to the point. Check out [Fifty Word Stories.](#)

Here is my latest submission.

The Long Walk

Bedridden and dreaming of the day I'm free to take a long walk outside.

Each step up the hill has me huffing and puffing as my lungs are burning.

I'm on the verge of something bigger, I feel more alive than ever.

My steps lead me to the bright light!

What is 50-Word Story?

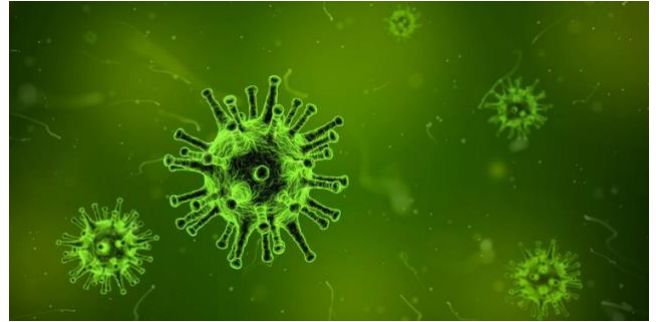
A 50-word story is a piece of fiction written in exactly 50 words. That doesn't mean "roughly" 50 words; it doesn't mean "as close to 50 words as possible"; it doesn't mean 50 words or fewer. It means exactly 50 words.



COVID-19 FACTS -WALKING AND YOUR HEALTH

Two new studies show that staying active is the best way for older adults to live longer and stay happy, healthy well into their advanced years. The best part of the study is that all you need to do is be moderately physically active for a minimum of 150 minutes each week.

“Finding a way to physically move more in an activity that suits your capabilities and is pleasurable is extremely important for all people, and especially for older people who may have risk factors for cardiovascular diseases. Physical activities such as brisk walking can help manage high blood pressure and high cholesterol, improve glucose control among many benefits,” explains Barry A.



Franklin, a professor of internal medicine at Oakland University William Beaumont School of Medicine in Rochester, Michigan, in a release by the American Heart Association.

[Taking more steps](#) per day is easily achievable and the benefits, given the current situation, could literally be lifesaving.

By taken the actions listed in the CDC guidelines, you can avoid catching and spreading the coronavirus.

- Wash your hands with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough and sneeze with a tissue
- Stay home when you are sick

Seek medical attention if you have the Symptoms of COVID-19:

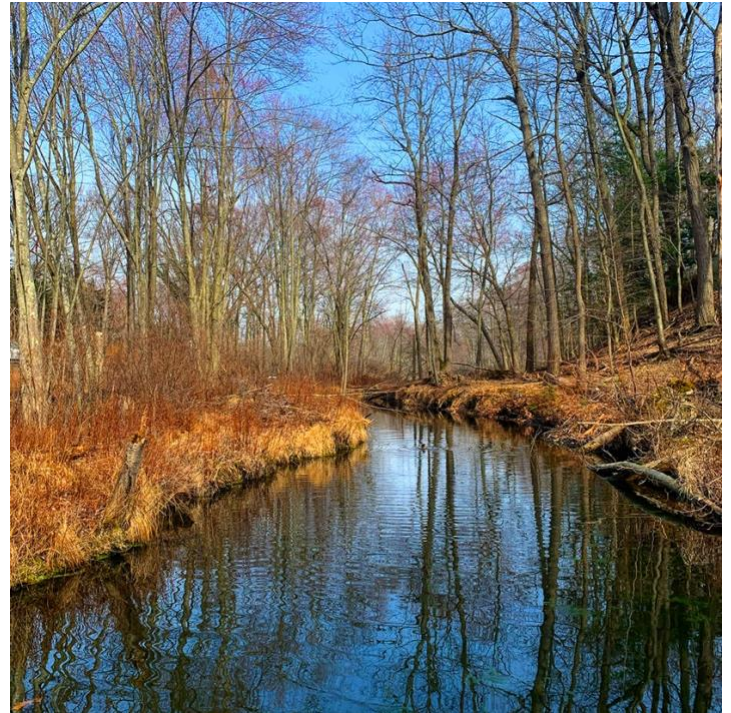
- Fever
- Cough
- Shortness of Breath

Please use the **utmost caution** in dealing with this health crisis. As always, it’s good to get plenty of rest, eat nutritious foods, drink water to stay hydrated, and exercise. Keep these coronavirus facts handy and take precautions to prevent the spread of this virus.

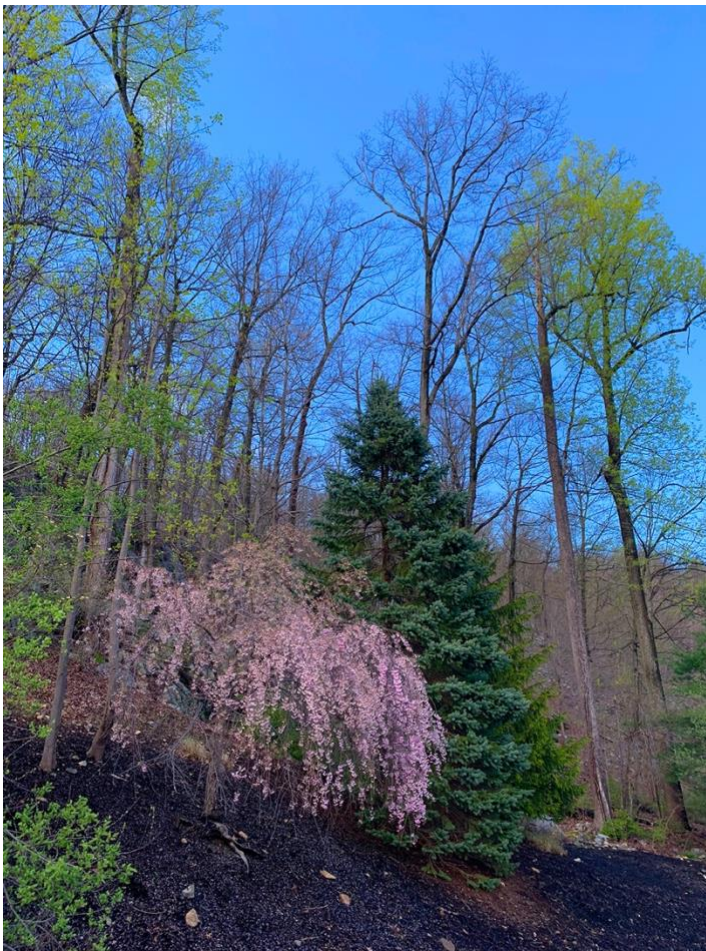
Photos: What I See On the Road



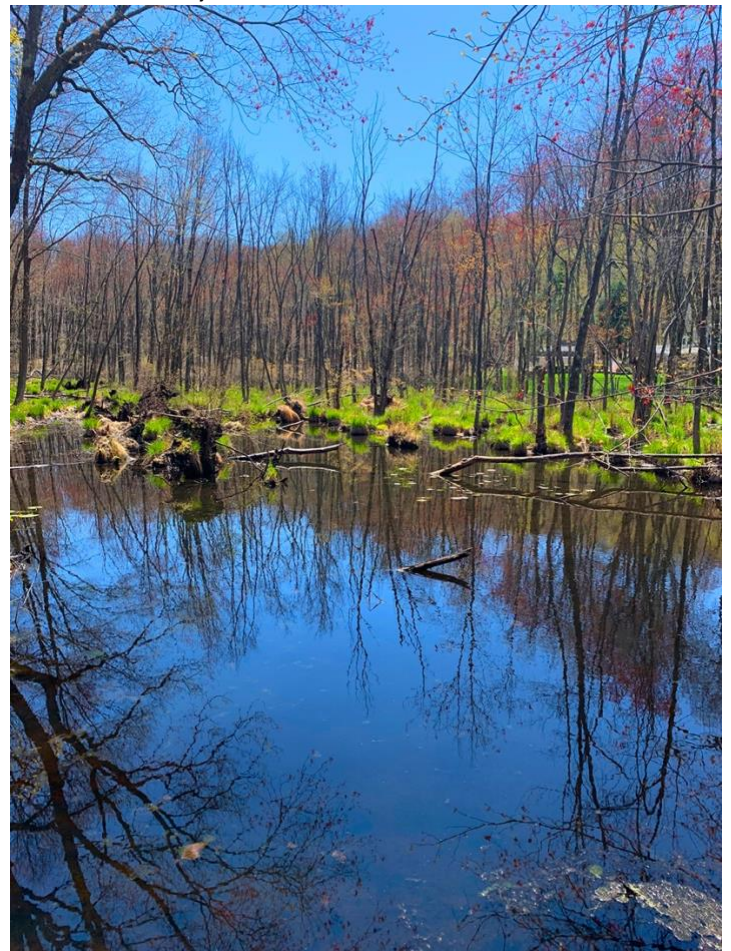
Covid-19 Victim Memorial



Franklin Lakes, NJ



Spring has sprung!



Franklin Lakes, NJ

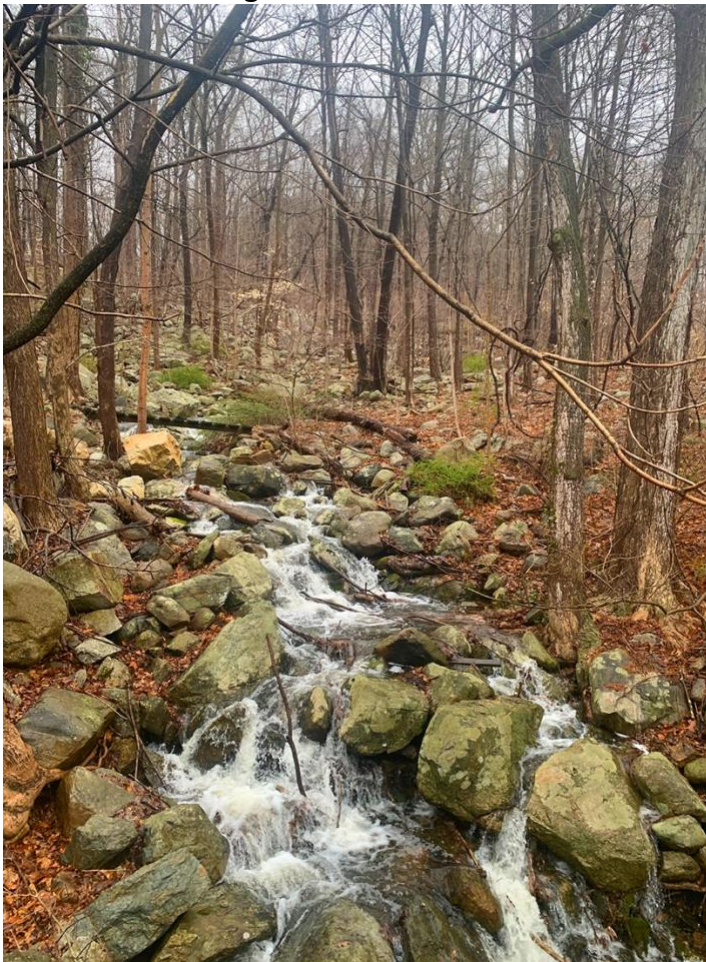
Photos: What I See On the Road



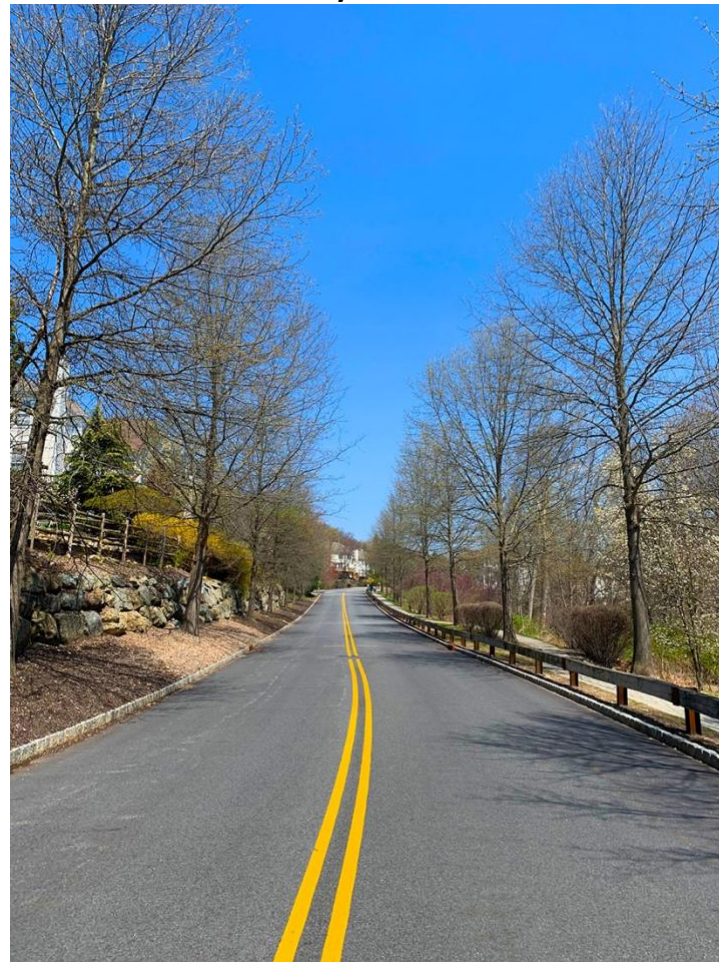
Saddle River Riding Center



Best View in North Jersey



Oakland, NJ



My Usual Walking Route

THE POWER OF INSPIRATIONAL QUOTES

Inspirational quotes remind us that thoughts we have are a common experience felt throughout the ages.

Begin your day with powerful words of wisdom and let the inspirational quote guide you to:

- Take action
- Overcome fear
- Enjoy life
- Build inner strength
- Improve your fitness which in turn will boost your self-esteem and create success
- Live life to its fullest. The inspirational quotes and wisdom on these pages will help you change your life through walking!

WALKING INSPIRATION IS MORE THAN JUST A QUOTE-A-DAY BOOK!

- Having trouble dealing with a negative experience?
- Feeling adrift and alone with your problems?
- Need a daily lift?

Each month a new topic will inform and challenge you. Each daily quote is related to the monthly challenge.

Begin each month by working on one aspect of your health, fitness, and mindset.

Let 365+ Daily Inspirational Quotes and a 12-Month Plan inspire you to good health and fitness through walking, exercise, and mindset.

GET INSPIRED! TAKE ACTION!

You're in Control There's no right or wrong way to read or listen to Walking Inspiration (free audiobook version included with your purchase).

Dive right into this walking quote book on the day you purchase it and put each inspirational quote to work for you. You can begin this book on any date of the year. There is no set order in which to apply each monthly lesson.

Bonus Content:

FREE: Audiobook version of Walking Inspiration | A 12 Month Plan to Inspire Your Health and Fitness with 365 Quotes and More.

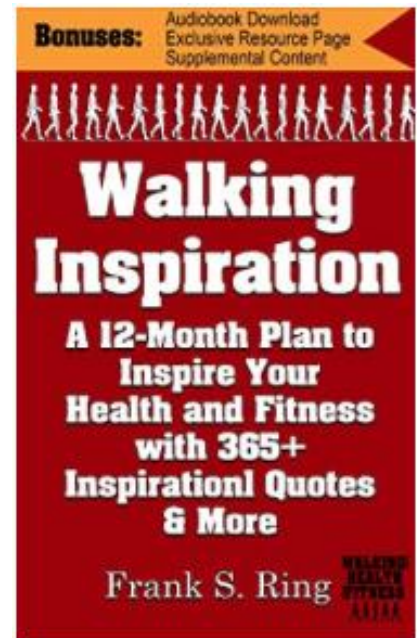
FREE: Walking Inspiration - Printable Inspirational Quotes

FREE: What's My Why Worksheet

FREE: Bodyweight Exercise list

FREE: Walking Inspiration, my quarterly digital magazine.

FREE: Additional bonus content on the exclusive Walking Inspiration resource Page.



"A year from now you'll wish you started today."

- Karen Lamb

[Order Walking Inspiration HERE through the Amazon platform](#)

Fitness on the Road

How to Walk Up Hills

Walking up hills! Does the mere mention of hills send a chill “up” your spine? Love them or hate them they’ll still be there so you might as well learn how to walk up hills.

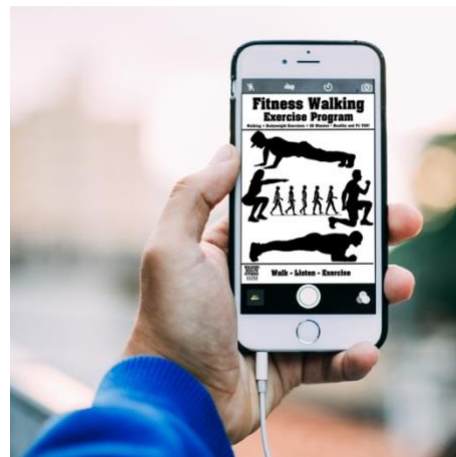
Let’s forgo the problems with hills; they're too hard, I’ll hurt too much, or I just can’t do them. Let’s focus on the view from the top and what you can do to reach new heights!

Like any other fitness activity, having more knowledge will get you to easily walk up hills. In no time at all, you will be walking up the tallest, steepest, longest hill on your walking route and not even notice it until you get to the great view at the summit.

You’ll conquer them with some sweat on your brow, a smile on your face, and the satisfaction of knowing that your walking fitness training is paying off!

WALKING UP HILLS - "MORE BANG FOR THE BUCK"!

- Increases intensity of your walk
- Quickly improves your fitness
- Increases your heart rate
- Increases the number of calories burned
- Strengthens your quadriceps and hip flexors
- Strengthens your buttocks muscles
- Shapes your entire lower body



[Click for More Information](#)

HOW TO EFFICIENTLY AND EASILY WALK UP HILLS

- Lean forward slightly
- Feel your hips and buttocks assist your thigh muscle (the feel is important)
- Use a relaxed arm swing (do not exaggerate it)
- Use shorter, quicker strides
- Heart Rate: Check your Heart Rate at the top of a climb
- To see how much more intense walking uphill is, check your heart rate at both the bottom and top of the hill

Walking up hills is a great way to increase your fitness and give yourself a psychological boost. As with any new endeavor, the more you do it the better you get at it. Reread the key point to How to Walk Up Hills, keep moving forward, and don’t forget to enjoy the view from the top

Equipment Review

In issue #1 of Walking Inspiration, I gave a review of walking vs running shoes. If you are going to join the walking community you might as well have the proper equipment. Purchasing a “dedicated” walking shoe is a must for the comfort and support you will need while putting in the walking miles.

Shoe Buying Tips

- When you shop for shoes, wear the socks you exercise in.
- The shoes should be comfortable as soon as you put them on.
- The heel ought to fit snugly, not slip up out of the shoe.
- If the shoes are tight, do not expect them to stretch out, even if they look stylish. Since feet swell during the day, shop for shoes in the afternoon or after a long walk.
- To prevent painful blisters, calluses, and to avoid foot disorders like bunions and hammertoes, check for enough room on the sides of your feet, above your toes, and about a half-inch between the end of your longest toe and the shoe.



Walking shoes that are more structured will give you stability. Look for shoes with medial (inside) support to limit over-pronation and support your feet.

Once your shoes are worn out, they must be replaced.

If you can see through the outer sole to the midsole, or feel the support buckling as you exercise, it is time for a new pair.

Even well-made shoes eventually degrade.

The best advice is to keep track of the mileage on your shoe.

On average, shoes last roughly 300-500 miles, so if you walk for exercise, keeping a weekly log of miles will help you understand when your shoes are ready to be replaced.

The best way to ensure that you will enjoy exercising is to have gear that fits right.

I have a preference for the **New Balance** brand. They are of great quality and value

Start Walking to Stop Back Pain

HOW WALKING WILL KEEP YOUR BACK HEALTHY

“In this world, nothing can be said to be certain, except death and taxes.” That’s according to Benjamin Franklin. I’ll add a third thing to his list... Lower Back Pain!

If you are currently experiencing back pain or have at any time in the past this article is for you.

If you’ve been fortunate enough never to have a back issue keep reading because this article will tell you how to continue staying pain-free.

Read my complete back pain story here

BACK HEALTH BENEFITS OF WALKING

- Walking strengthens the spine
- Walking conditions the muscles that keep the body in the upright position
- Walking facilitates strong circulation
- Walking pumps nutrients into soft tissues and draining toxins
- Walking improves flexibility and posture
- Walking Nourishes the spinal structures
- Walking increases flexibility in your back and legs

HOW TO BEGIN WALKING AFTER A BACK INJURY

- Slow and steady wins the race
- Listen to your body
- Walk on a flat pavement until you have put some “miles on your legs”
- Gradually add [walking uphill](#) to your routine.
- Caution: avoid hills until you [get stronger](#) as the forward lean can put additional stress on your body.

HOW TO TAKE CONTROL OF YOUR BACK HEALTH

Walking and stretching play a big role in keeping your back healthy and pain-free. I recently discovered Dr. Steve Young’s program, [Back Pain Breakthrough](#). It is eye-opening in its simplicity and common sense.

I will say that had I had access to his program 3½ years ago, I would not have needed the epidurals, would not have lost time at work, and I would have avoided the “downward spiral.”

[Get more information about how to stop your back pain](#)

The Cool-Down

FAQ's: Ask Frank

Should I stretch before I walk?

No! I know this is contrary to conventional wisdom but stretching “cold” muscles will lead to micro tears in the muscle. Just like trying to start your car on a cold morning, your body must also warm up before you can get the most out of it.

Warming up is a transition between rest and activity

The Purpose of a Warm-up is to:

- Increase blood flow to your muscles
- Loosen muscles, joints, tendons, and ligaments
- Allow you to move more freely
- Cut the risk of injury
- Get the brain engaged

The American College of Sports Medicine considers warming up an essential part of any type of workout.

My book, [Fitness Walking and Bodyweight Exercises](#) has a great warmup routine to quickly get you warmed up and out the door!

The Home Stretch

A man ninety years old was asked to what he attributed his longevity. "I reckon," he said, with a twinkle in his eye, "It's because most nights I went to bed and slept when I should have sat up and worried. Dorothea Kent

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

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Issue #1 Winter, 2018



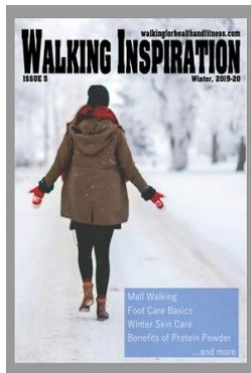
Issue #2 Spring, 2019



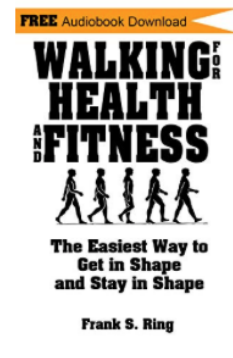
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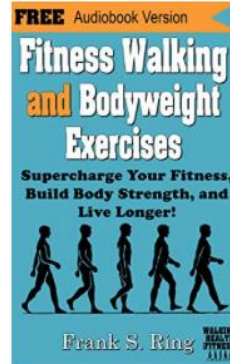
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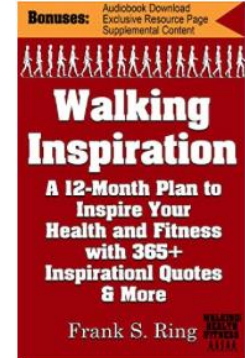
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Book #1 Walking for Health and Fitness



Book #2 Fitness Walking and Bodyweight Exercises



Book #3 Walking Inspiration

Fitness Walking Exercise Program

Fitness Walking Exercise Program
Walking + Bodyweight Exercises + 32 Minutes

Walk + Listen + Exercise = Healthy Fit YOU!