

WALKING INSPIRATION

walkingforhealthandfitness.com

ISSUE 7

Summer, 2020



Benefits of Proper Hydration • Easily Walk Away from Back Pain • Relaxing Walking Music • Your Feet – A Design Masterpiece • Benefits of Taking a Multi-vitamin





Walking for Health and Fitness

-- The Newsletter: Issue 7, Summer 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

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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, 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

The summer of Covid-19 was a strange one. I like to take in a Mets game or two and I enjoy watching the high school baseball state tournament. This year it was a no go due to the shutdown that affected sports. I vacationed at the beach with my family, but we couldn't enjoy the nightlife, so we sat on the deck each night entertaining ourselves.



One thing that remained constant was my walking routine. I aim for 100 miles per month, and this goal gets me out on the days I'd rather just hang around the house. One cool thing I did this summer was to walk on the Appalachian Trail in High Point, NJ. What made this special was on my Walk the Distance App (Issue 4, Fall, 2019) I was at the same location, so in effect, virtual and reality met up with each other. You can read about it on my website, [Walking Destination, High Point State Park](#).

In this issue, I cover listening to audiobooks and podcasts and the hours of enjoyment I get by being entertained and informed. I then cover why I walk with a fanny pack and how it makes walking easier.

Proper hydration is key to walking in the summer months and how much you should consume. Walking forces us to be on our feet for long periods of time, in this issue I cover how to care for your feet.

In the nutrition section, I breakdown why you should be taking a multi-vitamin and also added a recipe on an easy to make meal bar that is delicious and healthy.

Check out my [YouTube channel and the videos I created](#) with relaxing walking music and mindset information taken from my Walking Inspiration book.

As usual, What I See On the Road has some great images, and the Cool-Down includes frequently asked questions about walking issues.

Lastly, I've included a preview of my upcoming book, ***Easily Walk Away from Back Pain***. I got into walking due to a serious back injury. The recovery from that injury was rough and resulted in a lot of pain and a leave of absence from work. Had I known then what I discovered through my research about walking and back health, I could have saved myself a great deal of pain and money. My goal is to help others avoid what I went through.

Walk on,
Frank S. Ring

The Warm-Up

Reasons to walk (Continued from Issue 6)

#18 Listen to Audiobooks

Audiobooks are a great way to enjoy a walk. Either purchase an audiobook from Amazon or download one from your local library free of charge. Use your exercise time to expand your knowledge base and stay more engaged as exercise supports better brain health. I've made each of my walking books available in audiobook format so you can enjoy them on your next walk.

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

#19 Listen to Podcasts

A podcast is an episodic series of spoken word digital audio files that a user can download to a personal device for easy listening. Podcasts provide a convenient way to listen to entertainment and information you find appealing. Think talk radio with limited commercials and nearly unlimited airtime.



A podcast series usually features one or more recurring hosts engaged in a discussion about a particular topic or current event. The topics within a podcast can range from carefully scripted to totally improvised. Podcasts combine elaborate and artistic sound production with thematic concerns ranging from scientific research to slice-of-life journalism. Many podcast series provide an associated website with links and show notes, guest biographies, transcripts, additional resources, commentary, and even a community forum dedicated to discussing the show's content. My current podcast list includes: The Dennis Miller Option, Ray Edwards, and Talking Sopranos.

Why I Carry a Fanny Pack

A fanny pack is a convenient way to carry items that make my walks more enjoyable. It fits comfortably around my waist and allows me to minimize what I carry in my pockets as I find it irritating to have anything in my front pockets while walking.

My current pack has a water bottle holder, 2-zippered back pouches, and one pouch with a flap-type cover for easy access. In my pack, I carry sunscreen, lip balm, wallet, keys, pepper spray, iPod with a headphone adapter, headphones (wireless and wired), paper towels, a mask, and hand sanitizer. When I want to take photos, I also carry a small tripod and iPhone remote.

Benefits of Proper Hydration

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. Here are some quick tips for consuming a weight-loss-friendly amount of water without feeling like you are a human water drain.

8 Glasses a Day

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, such as those that are caused by illness and stress. By infusing hydration into your system, your body pumps out unwanted chemicals that will slow you down and make your body function less healthily.

8 glasses of water are the minimum if you wish to retain a properly functioning machine.

Other Sources that Count Towards Your 8 Per Day Include:

- Milk, juice, sports drinks, and seltzer
- Alcohol, coffee, tea, and cola: while they do add to your overall hydration, it's a good idea to limit the amount of each that you drink for reasons other than hydration.

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

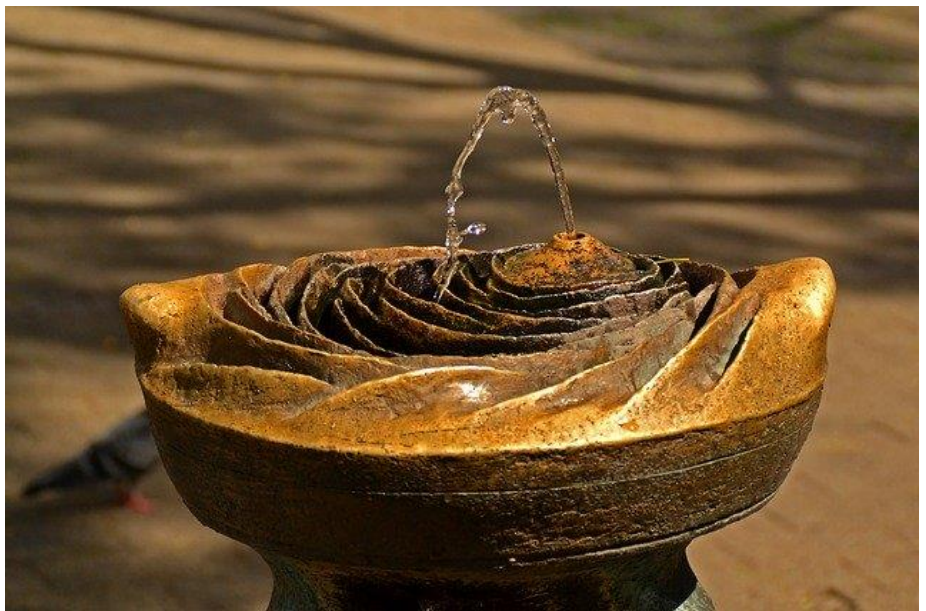
Benefits of Drinking Water

Water has an incredible number of benefits for your body. Here are just a few that relate to fitness walking:

- **Water helps energize muscles:** Cells that don't maintain proper fluid and electrolyte balance shrivel, which can result in muscle fatigue. Hydrating during your fitness walking workout is crucial. I recommend you start hydrating before you even begin walking and drink at regular intervals during your fitness walk.
- **Lubricates Joints:** Cartilage in your joints and discs in your spine contains nearly 80 percent water.
- **Carries oxygen throughout your body:** Blood is 90 percent water and carries oxygen to your body parts and organs
- **Acts as a cushion for your brain, spinal cord, and other sensitive tissues:** Dehydration affects your brain structure and function.
- **Regulates body temperature:** Water, stored in the middle layers of the skin comes to the surface in the form of sweat when the body heats up. As it evaporates, it cools the body.
- **Flushes body waste.**
- **Airway passages need it to remain open:** To minimize water loss, airway passages restrict. This can worsen asthma and allergies symptoms.
- **Makes minerals and nutrients accessible:** Water dissolves these to make it possible to reach all areas of your body.

4 Tips to Increase Your Fluid Intake:

- Have a large glass of water at every meal
- Add a wedge of lemon or lime to give it taste... you'll drink more
- Always keep a water bottle handy
- Eat more fruits and vegetables



Photos: What I See on the Road



High Point State Park



Crystal Brook Waterfall, Roundtop, NY



Most Unique Flag Holder I've Ever Seen!



Seaside Heights, NJ

Photos: What I See on the Road



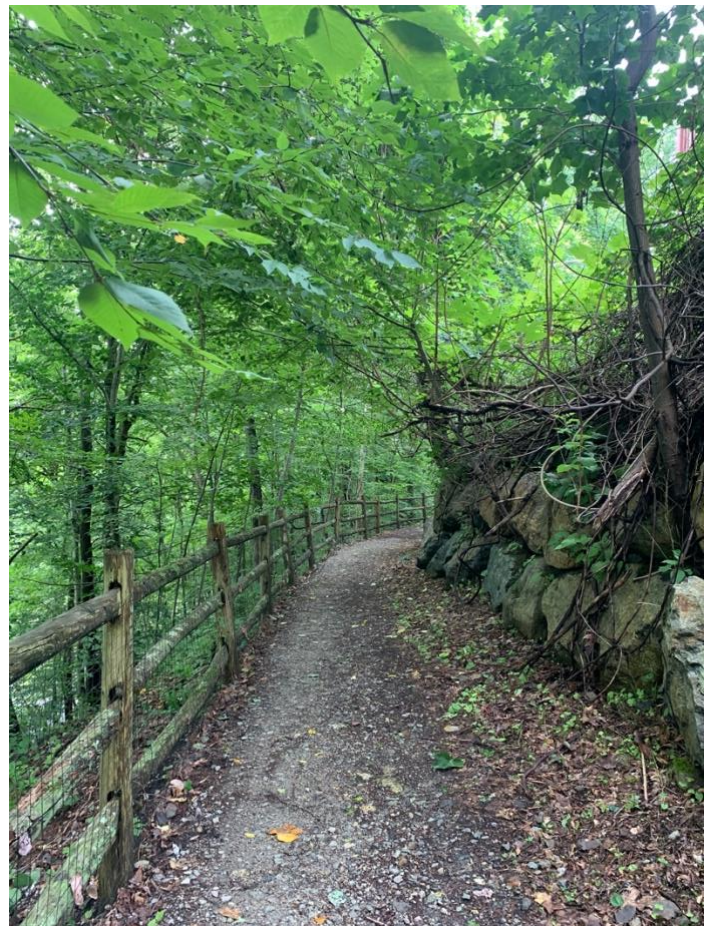
Roundtop, NY



"Down the Shore"



Roundtop, NY



One of My Favorite Walking Routes

Preview of Easily Walk Away from Back Pain

Whether you are currently experiencing back pain or looking to prevent it, *Easily Walk Away from Back Pain* will provide you with how-to, structure, and motivation.

By combining walking with the back-pain prevention exercises in this book, you will:

- Learn how to stop your pain
- Improve your posture
- Strengthen your core stabilizing muscles for that lean, physically fit look
- Stretch and keep limber vital areas necessary for back health
- Recover quickly!
- Learn more on how to incorporate walking in your health and fitness routine

I've walked in your shoes! I wrote *Easily Walk Away from Back Pain* because of the back-pain issue I faced in my life a few years ago. The good news is you will become pain-free sooner rather than later. You will then be on your way to creating the life you thought your back-pain had robbed from you.

By becoming pain-free, I've renewed my enthusiasm for teaching high school, and I've gone on to create a website, Walking for Health and Fitness, and write three books on the benefits of walking! Now, I welcome the opportunity to teach you.

Easily Walk Away from Back Pain is designed to get you pain-free in the least amount of time. Then, inspire you to remain pain-free with a basic routine of exercises, stretches, stress-reduction techniques, a positive mindset, and by walking.

When it comes to exercise and fitness, I'm a firm believer in a **low impact, common-sense approach**. You need your body in good working condition for the rest of your life. Walking is the perfect exercise to help you live longer and enjoy good health. By following the back exercises along with the other health and nutrition information in the book, you will treat your body as the magnificent vessel it is.

Walking is the easiest way to get in shape and stay in shape, and with *Easily Walk Away from Back Pain*, you will quickly be on your way to better health.

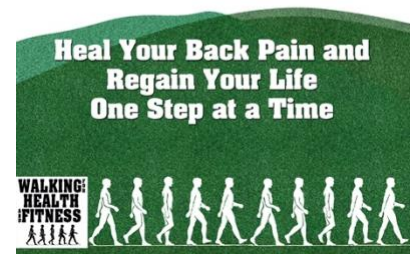
[Click here for more information.](#)

Look for the release date in September.

BONUS CONTENT: Free Audiobook & Guide
Exclusive Web Resources

Frank S. Ring
Author of Walking for Health and Fitness

**Easily Walk
Away From
Back Pain**



Your Feet: A Design Masterpiece

Your feet are incredible! They are a masterpiece of design with 26 bones, 33 joints, and 112 ligaments enmeshed in a complicated network of blood vessels, tendons, and nerves.

The design of the arch and heel pad of your foot acts as a shock absorber, cushioning the tremendous strike force that occurs with every step.

Several hundred tons of pressure is exerted on your feet just by going about your daily living. Household chore, the walk to and from your car to work, and shopping at the grocery store.

Over the course of your lifetime, your feet will experience more wear and tear than any other body part, they are more prone to injury, and they are the most common physical ailment. Having healthy feet allows you to move along with balance and speed.

Basic Foot Care

Foot care is of vital importance. Just think, if you neglect a minor problem or have an injury to a foot the recovery time is increased dramatically because you can't keep off them and function in your everyday life. Take care of your feet and they will give you years of pain-free service.

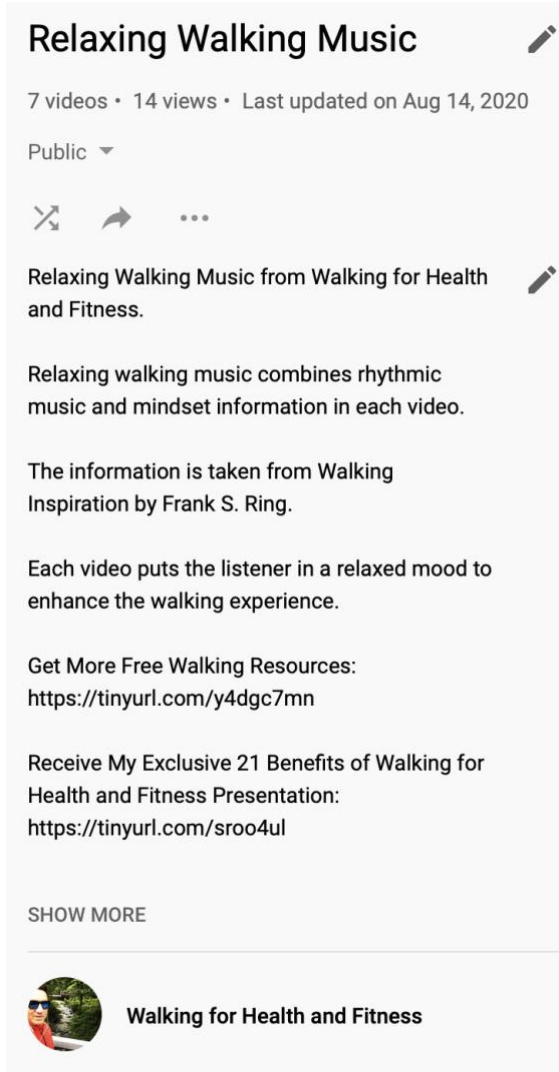
Follow the Walking for Health and Fitness Foot Care Checklist

- Wash your feet daily.
- Completely dry your feet after bathing. Damp feet provide a breeding ground for bacteria and odor.
- To help prevent dry, cracked foot skin, massage a good thick lotion into your feet before you dress and again before you go to bed.
- Add a little foot powder to your shoes each day to help absorb perspiration.
- Wear fresh socks or hosiery daily.
- Cut your toenails straight across to help avoid ingrown toenails. Afterward, smooth nail edges with an emery board or nail file.
- Inspect your feet daily for blisters, corns, calluses, swelling or other problems and treat accordingly (see below)
- Give your shoes a rest. Alternating pairs allow shoes to completely dry out and gives the padding time to return to its normal shape. This makes shoes last longer and keeps your feet healthier.
- Give yourself a weekly "feet treat." Massage your feet with warmed oil mixed with a few drops of essential oil of lavender, eucalyptus, or peppermint to de-stress and relax your sore feet. I can hear them now: "Ahhhhh, that feels good!"
- If you're overweight, lose some pounds. Excess weight adds enormous pressure to your already stressed feet."

Relaxing Walking Music

Work on your mindset every day with my 15-minute music videos. I created each video based on information from my book, [Walking Inspiration](#). Each video corresponds to a chapter in my book.

Watch via YouTube and read the inspiring text and quotes or download each to your favorite device and listen to the relaxing music during your daily walks. [Click here to go my Relaxing Walking Music playlist](#). Please subscribe to my channel and get notified as I post each new video.



Relaxing Walking Music

7 videos • 14 views • Last updated on Aug 14, 2020

Public

Relaxing Walking Music from Walking for Health and Fitness.

Relaxing walking music combines rhythmic music and mindset information in each video.


The information is taken from Walking Inspiration by Frank S. Ring.

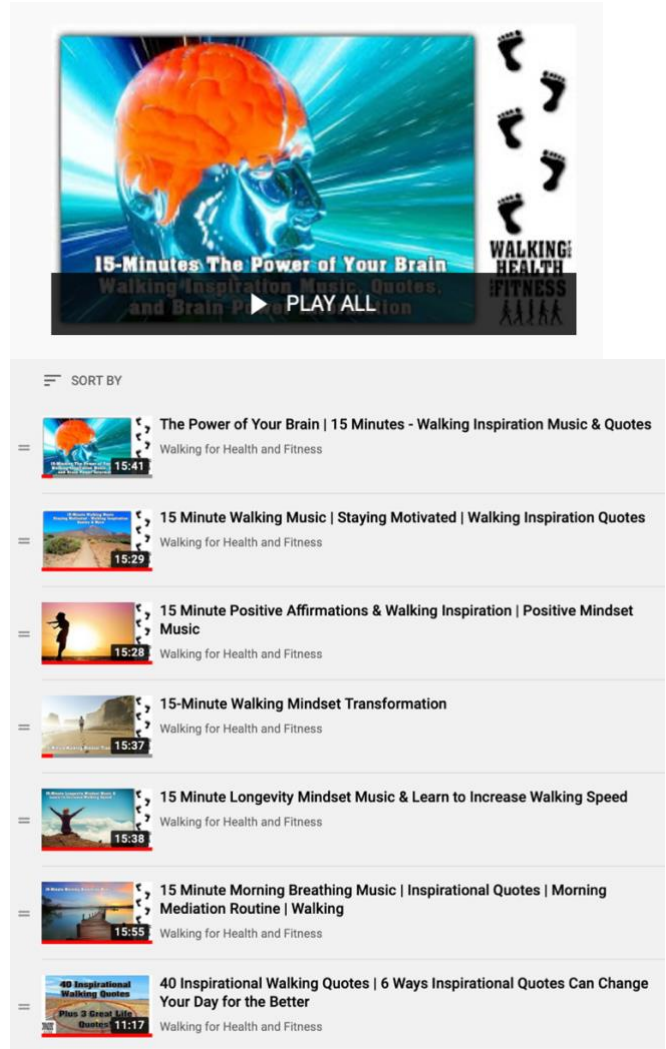
Each video puts the listener in a relaxed mood to enhance the walking experience.

Get More Free Walking Resources:
<https://tinyurl.com/y4dgc7mn>

Receive My Exclusive 21 Benefits of Walking for Health and Fitness Presentation:
<https://tinyurl.com/sroo4ul>

SHOW MORE

 **Walking for Health and Fitness**



15-Minutes The Power of Your Brain
Walking Inspiration Music, Quotes, and Brain Mindset
PLAY ALL

WALKING HEALTH FITNESS

SORT BY

- The Power of Your Brain | 15 Minutes - Walking Inspiration Music & Quotes
Walking for Health and Fitness
15:41
- 15 Minute Walking Music | Staying Motivated | Walking Inspiration Quotes
Walking for Health and Fitness
15:29
- 15 Minute Positive Affirmations & Walking Inspiration | Positive Mindset Music
Walking for Health and Fitness
15:28
- 15-Minute Walking Mindset Transformation
Walking for Health and Fitness
15:37
- 15 Minute Longevity Mindset Music & Learn to Increase Walking Speed
Walking for Health and Fitness
15:38
- 15 Minute Morning Breathing Music | Inspirational Quotes | Morning Meditation Routine | Walking
Walking for Health and Fitness
15:55
- 40 Inspirational Walking Quotes | 6 Ways Inspirational Quotes Can Change Your Day for the Better
Walking for Health and Fitness
11:17



Also, check out my [Walking for Health and Fitness channel](#) and all my walking information videos.

Subscribe to get notified when I upload new videos.

Benefits of a Multi-vitamin

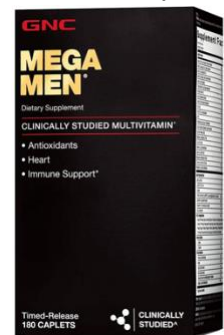
It's always better to eat a healthy balanced diet, especially fruits and vegetables, but sometimes you need help to get your daily nutritional needs met. Here are the benefits of taking a multivitamin daily:

- **Healthy Aging:** Our nutritional need increases as we age at the same time it gets harder for the body to absorb nutrients. Medications can further deplete our body of nutrients. A multivitamin can aid in combating this decrease.
- **Heart Health:** Heart disease is a leading cause of death in both men and women in the US. Vitamins B1, B2, B6, K1, Niacin (B3), CoQ10, and magnesium. All play a role in cardiovascular health.
- **Reduce Cancer Risk:** Vitamin use has been associated with a decrease in the risk of some cancers.
- **Boost Immunity:** Vitamin C is a strong antioxidant and along with Vitamins D, and E help strengthen the immune system.
- **Eye Health:** Vitamins A, C, E, Niacin (B3), and selenium support eye health. Lutein and Zeaxanthin also protect the eyes from harmful light waves.
- **Excess water-soluble vitamins** travel through the body and must be replaced each day. Vitamins B and C are water-soluble.
- **Healthy Hair and Skin:** Vitamin B3, biotin, and Vitamin C help support healthy hair. Vitamins A, C, E, and CoQ10 support healthy skin.
- **Feel Better:** The B family of vitamins is associated with a boost in energy levels, feeling of well-being, and a decrease in stress and anxiety.



In general, eating healthy foods is a surefire way to improve your health.

- **Eat more fruits and vegetables:** aim for two or more servings of fruits or vegetables at each meal. Eating salads are a convenient way to increase your produce consumption.
- **Low-fat dairy and whole grains:** Low-fat or fat-free milk and yogurt provide calcium, magnesium, potassium, and other nutrients. Grains such as whole wheat, brown rice, and barley still have their fiber-rich outer shell, called the bran, and inner germ. It provides vitamins, minerals, and good fats. Choosing whole-grain side dishes, cereals, breads and more may lower the risk for heart disease, type 2 diabetes, and cancer and improve digestion.
- **Protein:** Your body uses protein to build and repair tissues. You also use protein to make enzymes, **hormones**, and other body chemicals. Protein is an important building block of **bones, muscles, cartilage, skin, and blood**. High protein foods include lean chicken, lean pork, fish, lean beef, **tofu**, beans, **lentils**, low-fat **yogurt**, milk, cheese, seeds, **nuts**, and **eggs**.



I take a multi-vitamin every day and currently use GNC Mega Men Formula.

Order through Amazon.com: [GNC Mega Men](#) & [GNC One Daily Women's Formula](#)

Nutrition – Walk More Miles Health Bars

Walk More Miles Protein Bars

I love this meal bar—it's so versatile and easy to make! Have them on-hand for a quick meal, snack, and even travel food. Of course, they are a great dessert. In addition to being a low glycemic easy to digest meal, a complete protein, and healthy fats, they are also delicious.

Ingredients

- 3 cups whole almonds
- 1/4 cup Chia seeds
- 1 scoop powdered protein powder mix¹ (vanilla)
- 4 tablespoons pure powdered cocoa
- 1/2 cup raisins²
- Pinch of sea salt
- 1/3 cup honey
- 1/3 cup hot water
- 1-2 teaspoons vanilla

¹ Using protein powder may also aid weight management, muscle growth, recovery after exercise, and added nutrition. There are many different types of protein powder, including dairy-based and plant-based powders.

² For variety, you can chop up shredded coconut or slice up prunes into smaller pieces and substitute them for the raisins.

Directions

- Grind almonds and Chia seeds.
- In a separate bowl mix honey, hot water and vanilla, then blend into dry ingredients and mix well (you may have to mix it all by hand if your mixer isn't efficient).
 - If the batter is too wet add a more of the dry ingredients; if too dry add a bit more liquid.
- Adjust water/honey ratio for less or more sweetness.
- Put the batter onto a baking sheet lined with parchment paper. Place another sheet of parchment paper over the batter and flattening it down to about one-half to one inch thick.
- Refrigerate for a few hours then cut into squares using a pizza cutter.
- Keep refrigerated (they'll still last a week or more out of the refrigerator).



While the initial cost of the ingredients may seem high, you will get many servings of each which will lower the cost over time.

The Cool-Down

FAQ's: Ask Frank

How important is wearing quality sock to foot comfort?

Find a good fitting and comfortable sock is very important to the enjoyment of walking. With socks, the old saying is true, "you get what you pay for." Spending a few extra dollars on a good quality sock is well worth the expense.

A good pair of socks will absorb sweat and prevent friction between your feet and the inside of the shoe. Make sure they don't bunch around the toes or gather at the heels, which can cause blisters and hot spots.

Test out several pairs, you want thick but not too thick. Synthetic materials like polyester, acrylic, and nylon are your best bet because they help wick away moisture and prevent blisters.

I was sent several pairs of [Care Remote socks](#) and they are awesome! They have built-in moisture management and breathability to keep my feet dry and fresh. They hold their shape wash after wash and retain their natural anti-odor protection.

Check out the link and use **Discount Code: FRANKRING**



[Care Remote Socks](#)

How has walking helped your mental outlook?

When I started walking, I was pleasantly surprised by how much it improved my mood.

You'll begin to think more clearly, you'll be calmer, and your creativity and problem-solving skills will kick into overdrive.

Try this out; before you go out on your next walk, think of a problem you are having. For example, I open my iPhone and create a new note on my Notes app. I dictate the problem at the top of the page then... I do nothing. I just walk, enjoy my surroundings, enjoy the feeling of motion, and enjoy the sense of accomplishing something.

When I do this, my mind will drift over to that problem I put down on Notes. When I'm walking, I find my mind just randomly goes someplace other than where I am walking, and in this state, I begin to see solutions to problems I am having.

My book, [Fitness Walking and Bodyweight Exercises](#) has more information on the Transformational Process.

The Home Stretch

[From Walking Inspiration](#)

“

*Life isn't measured by
the number of breaths
we take, but by the
moments that take our
breath away.*

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

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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Walking Inspiration: Download Past Issues - FREE



Issue #1 Winter, 2018



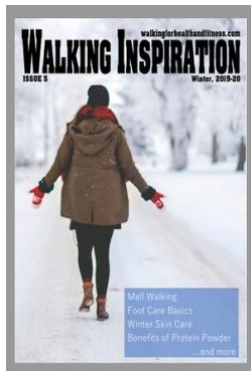
Issue #2 Spring, 2019



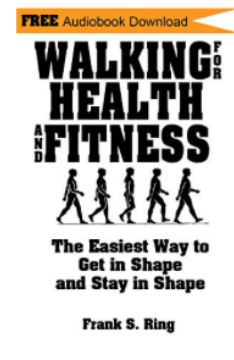
Issue #3, Summer 2019



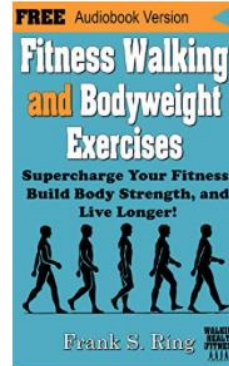
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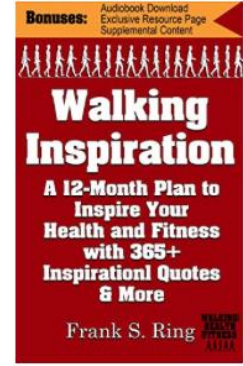
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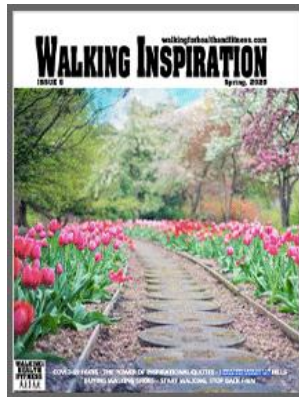
Book #1 Walking for Health and Fitness



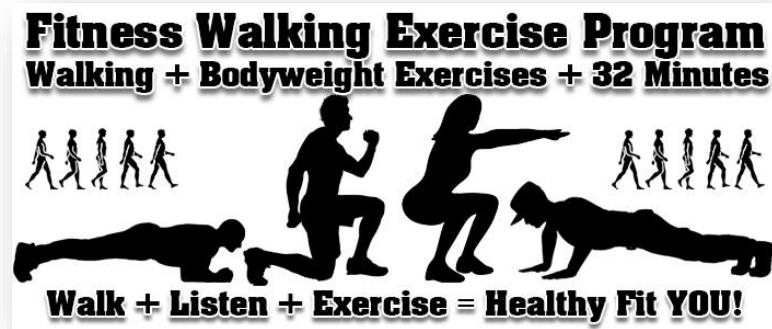
Book #2 Fitness Walking and Bodyweight Exercises



Book #3 Walking Inspiration



Issue #6 Spring 2020



Fitness Walking Exercise Program