

WALKING INSPIRATION

walkingforhealthandfitness.com

ISSUE 8 Fall, 2020



Your Feet: A Design Masterpiece • Care Remote Socks • The Power of Your Brain on Exercise • Preview of Easily Walk Away from Back Pain • New Feature: Facebook Weekly Video Segment • Taking Photos on the Road • Fitness Walking Tips • The Good News About Coffee and Tea • Walking Champions & the 1000 Miles Challenge!



Walking for Health and Fitness

-- The Newsletter: Issue 8, Fall 2020 --

Frank S. Ring

WalkingForHealthAndFitness.com

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Cover Image By: [Frank Ring](#)

Caution:

The Information contained within this magazine may cause you to feel better than you have ever felt in your entire life!

Symptoms include:

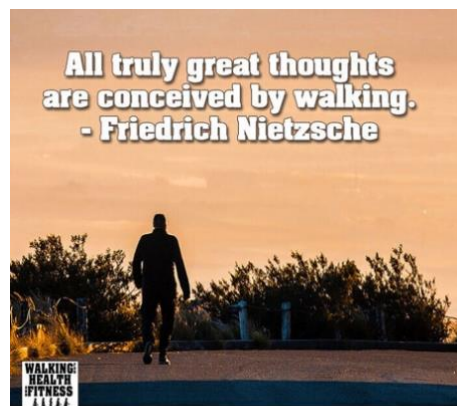
A broader smile, happier disposition, brighter outlook on life, and general feelings of bliss...proceed with wild abandon!

Walk on,
Frank

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WalkingForHealthAndFitness.com

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 Power of a Dime

In my newsletters, I always include a picture of me in the “Message from Frank”, and a picture section I call “What I See on the Road.” In this issue’s message from Frank, I have a story that combines both features.

My mom passed away from [pancreatic cancer](#) in 2016. On the morning of her funeral, in which I gave the eulogy, two things happened. One was receiving a very unexpected commission for a project I had worked on but was not having much financial success with it. The second thing was finding a dime as I left my house on the way to her funeral.

Since that day, I have found dimes in the most unlikeliest of places while walking and I’ve come to believe that it’s her way of reaching out to me. I’ve found them in the middle of busy intersections, in cracks in the roadway as I just happened to stop to adjust my ipod. I’ve found them in my crowded classroom as a room full of students seemed to not see it.

This most recent dime was found immediately after my sister called with the news that her newborn grandson was being taken to the hospital for surgery. I was at my local driving range hitting golf balls when I took her call. I immediately said a prayer for Caden and ask my mom to look down over him.

When I returned to my car, this dime was on the ground next to my drivers side door! I’m telling you that when I got out of the car earlier, it was not there! I always look down when I walk in any parking lot as many are not well maintained and I don’t want to turn an ankle in a pothole.

But, there was the dime, and I took it as a sign from mom that Caden would be ok.

And he is!

Walk on,
Frank S. Ring



The Warm-Up

“It gets late early” -Yogi Berra

[A Reflective Vest Could Save Your Life](#)

Fall is upon us and the late afternoon walk could have you returning home in darkness.

A reflective vest could save your life by allowing drivers to see you more clearly.

Think about how often you've driven at night only to see someone walking or crossing the road wearing

dark clothing. They were nearly impossible to see until you were right upon them. Reflective vests are lightweight, can fit in your pocket, and are inexpensive.



Check out: [My Reflective Vest](#)

Walking for Health and Fitness is expanding its YouTube presence

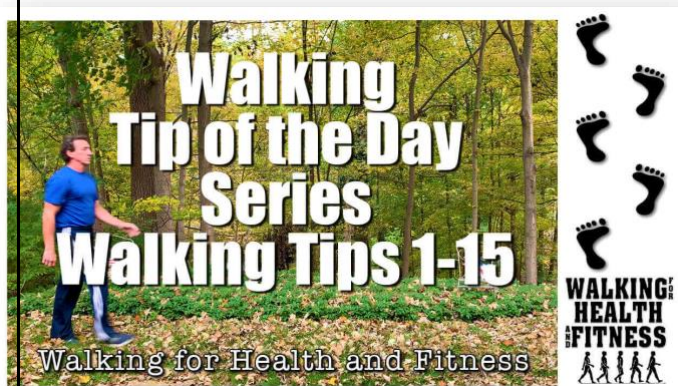


Check out my [Walking for Health and Fitness channel](#) and all my walking information videos.

Subscribe and “ring the bell” to get notified when I upload new videos.

YouTube Playlist Video of the Day:

I’ve combined all my walking tips into two volumes of videos. Each description has chapter markers that allow you to jump directly to the topic of your choice.



[Click to Play Clips 1-15](#)



[Click to Play Tips 16-30](#)

10 Tips to Keep Your Feet Healthy for Walking

- 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.



[Basic Footcare: Walking Tip of the Day Video](#)

The Importance of Wearing Good Socks

Socks, those white stretchy things you put on your feet when you want to work out. Any pair will do the job, right? We'll the answer is a little more involved than a simple yes.

We wear socks to keep our feet dry and prevents blisters or sores on from developing. When purchasing socks, look for these features.



[Click for Video](#)

A good pair of socks will:

- Absorb sweat
- Prevent friction between your feet and the inside of the shoe to reduce blisters. Low friction allows you to easily slide in and out of your shoes or boots
- A good weave in the design helps to promote blood flow to keep your feet feeling rested and fresh
- They have wicking ability to move sweat away from your feet and evaporate quickly
- Retain their elasticity wash after wash.

Test out several pairs. Synthetic materials like polyester, acrylic, and nylon are your best bet because they help wick away moisture and prevent blisters.

Make sure they don't bunch around the toes or gather at the heels, which can cause blisters and hot spots.

Care Remote Socks

I Highly Recommend [Care Remote Socks](#): I spend hours on my feet... and I spend money on good products. Buying Care Remote socks is money well spent! – Frank Ring

Care Remote Socks feature:

- Blister Reduction
- Consistent Fit
- Moisture Wicking Channels
- A larger Toe box
- There is graduated compression through the sock
- They have a weave that promotes blood flow to keep your feet feeling rested

[Click here to see more about these socks and what they offer.](#)

The old adage, "You get what you pay for" proves itself when I compare your Care Remote socks to others.



The Power of Your Brain on Exercise

*Exercise affects more than just your muscles. When you walk and do bodyweight exercises you are increasing your heart rate which pumps more oxygen to the brain.

- Exercise releases hormones that provide an excellent environment for the growth of brain cells.
- Exercise stimulates the growth of new connections between cells in many important cortical areas of the brain.
- Exercise has a positive effect on the brain's ability to change. This is commonly referred to as brain plasticity.
- Exercise increases the growth factors in the brain which makes it easier for the brain to grow new neuronal connections.

The more you challenge your body, the more you focus your brain.

"The mind is a powerful force. It can enslave us or empower us. It can plunge us into the depths of misery or take us to the heights of ecstasy. Learn to use the power wisely."

- **David Cuschieri**

Human Evolution

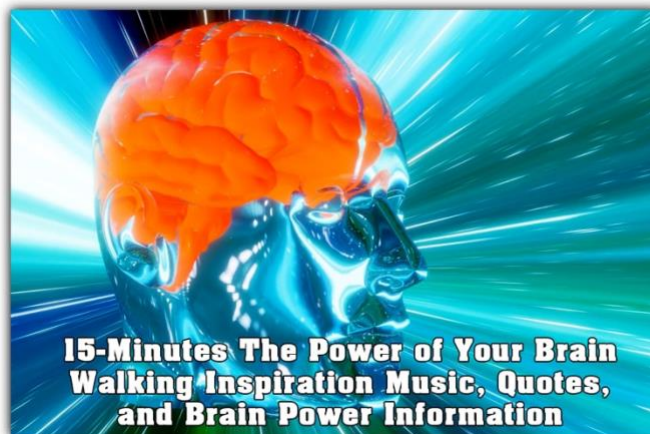
Humans evolved to move; the acts of hunting, running, foraging, and climbing all involved movement and encouraged brain growth that eventually separated us from other animals.

Physical activity stresses our brain in the same way that it stresses our muscles. Like active muscle fibers, neurons of the brain break down then recover to become stronger and more resilient with exercise.

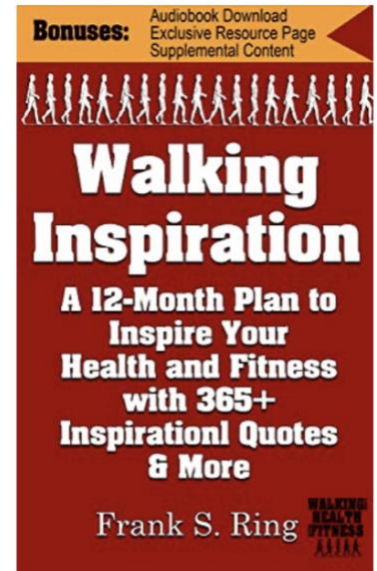
Walking for Health and Fitness is on YouTube!

[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.



[Click to play: 15-Minutes, The Power of Your Brain](#)



By Ring, Frank S.

[BUY ON AMAZON](#)



Exercise Protects Our Most Important Organ

Physical activity prompts the brain to create enzymes that “eat up” any existing amyloid beta-protein plaque that overpowers and strangles healthy neurons. This plaque has been implicated as the cause of dementia symptoms and a contributing factor to Alzheimer’s Disease.

- **Boost Memory Retention & Learning Capacity**
- **Improved Movement & Coordination**
- **Intensifies Creativity & Imagination**
- **Encourages Mood Stability**
- **Increase Alertness & Perception**

Neurotransmitter synthesis is boosted by exercise:

- Norepinephrine: focus, motivation, and determination
- Serotonin: mood, impulsivity, and aggression.
- Dopamine: controls our sense of contentment and reward.

They all improve cognition and healthy ambition. The brain becomes more receptive to incoming information during exercise.

The more you challenge your body, the more you focus your brain.

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

Face Coverings & the Hoo-rag Company

Founded in 2012 by outdoor enthusiasts, Hoo-rag has become a leader in revolutionary headwear.

Whether you are on the water, in the field or on the trail, you can rock the Hoo-rag over 10 ways.

From a facemask to a headband, the Hoo-rag will have you Headed for adventure!

[Visit Hoo-rag today.](#)

You can also find [Hoo-rag on Facebook](#)



Photos: What I See on the Road



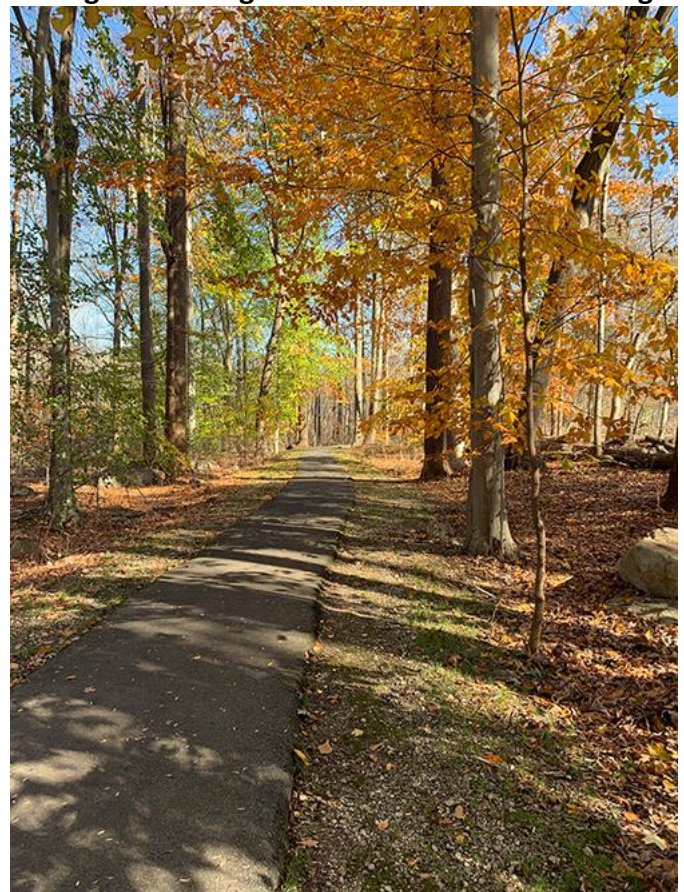
Halloween in Franklin Lakes



I'm a golf ball magnet... #25 found while walking



Pancreatic Cancer Walk in honor of Anne Ring
*postponed due to Covid-19



I enjoy this short walking path

Photos: What I See on the Road



George Washington Bridge



In memory of 2nd LT. J.T Wroblewski KIA 4.6.2004



Angel on my shoulder!



Nothing says fall like Halloween

Preview of Easily Walk Away from Back Pain

It's coming soon! I'm working on making it the best book for treating back pain via exercise.

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.

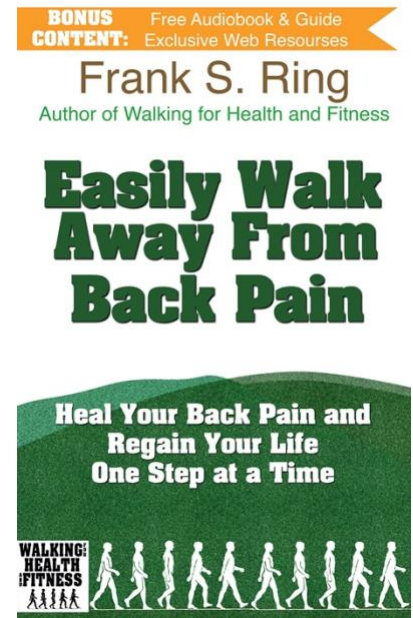
By becoming pain-free, I've renewed my enthusiasm for teaching high school, and I've gone on to create a website, Walking for Health and Fitness, and write three books on the benefits of walking! Now, I welcome the opportunity to teach you.

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 January



Facebook Weekly Video Segment

Knowledge is power! With this in mind, I've begun a weekly walking video series on Facebook through my [Walking for Health and Fitness Program](#) page.

Each week I explore a variety of walking topics to add to your knowledge of walking for health and fitness.



Topics in the first segment:

- Introduction to the channel
- Walking News: Don't Just Sit There: A Little Exercise Makes Up for a Full Day of Sitting
- Developing a "get out the door" routine
- What's in my pack
- 1000 Miles Challenge coming soon.

Taking Photos on the Road



In every issue of Walking Inspiration, I've included a section called What I See on the Road. The images come from my walks and... wait for it, what I see on the road. I put my iPhone to good use during my walks. I listen to audiobooks or music nearly every walk. I dictate my thoughts into my Notes app. And I enjoy taking pictures.

Photos allow me to share my walks with my Facebook and Instagram audience and they provide me with a document of my walks and the

sights I see along the way.

The best part is the iPhone is always with me so there is no added equipment to carry. A quick tap of the camera app and I capture the family of deer in the front yard of the house I'm walking past. I've snapped pictures of interesting cloud formations, new friends on the road, and quirky lawn ornaments.

Share your image on the [Walking for Health and Fitness Program](#) Facebook page.

Fitness Walking Tips

How to Begin Fitness Walking

Fitness walking is walking at a pace where 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.

[Watch the Video](#)



Modified Pushups

Pushups work every major muscle group in your body and because of this, they raise your heart rate.

If you are just starting out with adding bodyweight fitness and walking, you can begin with modified pushups.

Modified pushups are done by raising your hands up on a raised surface.

[Watch the Video](#)



Relieve Back Tightness Anywhere Anytime Fast

Back tightness can come on quickly and its cause are many. Sitting too long, standing too long, lying down too long, bad posture while sitting, bad posture while standing, overuse, and the list goes on and on.

The stretch is so simple and easy to do and you can perform it anywhere and at any time.

[Watch the Video](#)



Nutrition – The Good News About Coffee and Tea

What is your warm drink of choice as the cold weather approaches, coffee or tea? While I'm partial to drinking coffee, I just couldn't ignore my tea drinking friends. Here is are the benefits of each comforting drink.

Health Benefits of Drinking Coffee

- Coffee boosts your physical performance.
- Coffee may help you lose weight.
- Coffee helps you burn fat.
- Coffee helps you focus and stay alert.
- Coffee lowers risk of death.
- Coffee reduces risk of cancers.
- Coffee reduces risk of stroke.
- Coffee reduces risk of Parkinson's disease.
- Coffee protects your body.
- Coffee may lower risk of Type II diabetes.
- Coffee protects your brain.
- Coffee brightens your mood, helps fight

Health Benefits of Drinking Tea

- It revs up your metabolism.
- It's anti-inflammatory.
- It reduces the risk of dying from certain chronic diseases.
- It can improve insulin sensitivity.
- It's good for your brain.
- It may help prevent cancer.
- It's good for your mouth
- It may boost fertility.
- It's hydrating.
- It's good for your gut.



Coming Soon...

Walking Champions & The 1000 Miles Challenge!

I'll have more information in the next issue of Walking Inspiration!

[Click here for a preview!](#)

The Cool-Down

FAQ's: Ask Frank

After walking several days in a row, my lower legs feel tired and achy. What can I do to revive them?

When your legs feel like sluggish, spell out your ABCs...with your feet! Pointing your toes in the air and moving them as if you're tracing the alphabet activates the smallest muscles in your ankles and calves, which pump fluid out of your legs and back toward your heart.

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

[Watch the Video: Tired Leg Muscle Relief - Make Your Legs Feel Great](#)

Do you have any suggestions on how I can get in more time walking each day?

Getting more walking time each day takes just a little planning. While the recent push to walk 10,000 steps may seem daunting, in reality, you just have to break it down into smaller groups of steps.

Time walking doesn't have to be all at once to get all the great benefits of walking.

If you incorporate some of the ideas in my video below, you will be well on your way to your walking goal each day!

1. Walk in the morning, at lunchtime, and at dinnertime for at least 10 minutes or more.
Bonus: Walking after eating regulates blood sugar and helps weight loss.
2. Walk to a local destination instead of driving.
3. Park your car a few blocks from your job or other destinations.
4. Window-shop at the mall.
5. Schedule a 20 to 30 minute session on a treadmill if you have access on one.
6. Organize a walking group. You'll spend time with friends without food and drink.
7. Go sightseeing in your home-town.
8. Walk your dog... or volunteer to walk your neighbor's dog. You'll have a happy and healthy dog and meet fellow dog lovers in your area.
9. Take the stairs instead of the elevator.
10. Try a walking meditation instead of sitting for a clear mind and slower-paced life

[Watch the Video: 10 Walking Ideas to Increase Your Step Count](#)

The Home Stretch

This quote is from my book: [Walking Inspiration](#)

“

Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.

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](#)



[Walking for Health and Fitness](#)



[WalkingManFrank](#)



[Walking for Health and Fitness](#)



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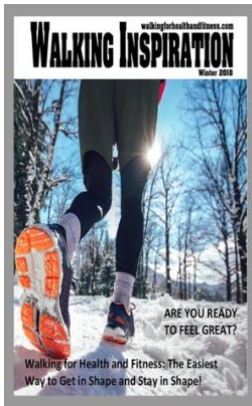
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If you haven't yet, subscribe to Walking for Health and Fitness. Download our ***Get out the Door Checklist*** and receive ***Walking Inspiration***, our quarterly newsletter completely free.

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



Walking Inspiration: Download Past Issues – FREE



[Issue #1 Winter, 2018](#)



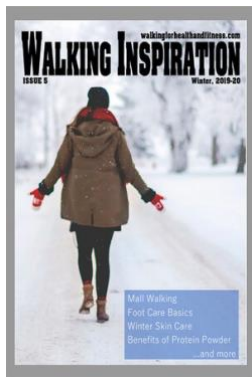
[Issue #2 Spring, 2019](#)



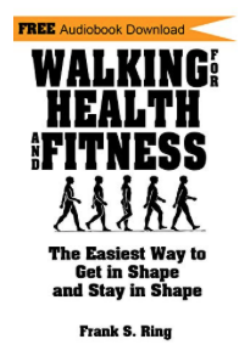
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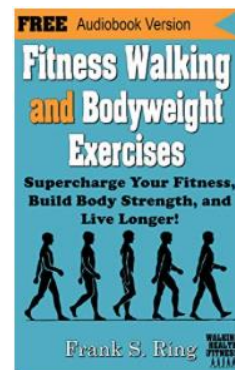
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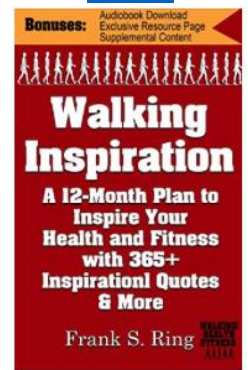
[Issue #5 Winter, 2019](#)



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



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



[Book #3
Walking Inspiration](#)



[Issue #6 Spring 2020](#)



[Issue #7 Summer 2020](#)