

# WALKING INSPIRATION

walkingforhealthandfitness.com

ISSUE 9

Winter 2020-21





## Walking for Health and Fitness

Walking Inspiration Newsletter: Issue 9, Winter 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)

© Copyright 2021  
FRG Trust. All Rights Reserved

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

# Contents

## Table of Contents

<i>THE WALKING FOR HEALTH AND FITNESS MISSION</i> .....	4
<i>Message from Frank</i> .....	5
<i>The Warm-Up</i> .....	7
<i>Author Interview: Spike Carlson</i> .....	8
<i>Facebook Walking Groups</i> .....	10
<i>15-Minute Walking Mindset Transformation</i> .....	11
<i>Photos: What I See on the Road</i> .....	12
<i>How to Form Healthy Habits</i> .....	14
<i>Weekly Walking Tips and Inspiration Show</i> .....	15
<i>Walking and Mindset:</i> .....	16
<i>Nutrition</i> .....	17
<i>The Cool-Down</i> .....	18
<i>The Home Stretch</i> .....	19
<i>Walking for Health and Fitness on Social Media</i> .....	20
<i>Walking Inspiration: Download Past Issues – FREE</i> .....	21



**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. 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

### Communities and Walking Groups

I'm a loner by nature. I'm someone that can walk for a 3 hours and keep myself amused by the thoughts in my head. I'm also a teacher with a room full of students. Several times a day I get a new group to interact with. And, along with 70 work colleagues I worked with quite a lot of people each day. Well pre-covid anyways.

So, now working from home you'd think the loner in me would be thrilled right? Well, life isn't that simple. This loner misses interacting with people! So the solution was to form not one, but two walking groups! And, to begin interviewing people for my [Weekly Walking Tips and Inspiration YouTube show](#).



I was contacted by a lovely woman that runs the website [Walking Champions](#). Helaine's idea was to partner up and form a walking group called Walk 1000 Miles USA. The idea was to create a group whos challenge was to walk 1000 miles in a 12-month period. Participants can start at any time of the year towards reaching this awesome and possibly life changing goal.

The purpose of the [Walk 1000 Miles USA Group](#) is to be a support system of like-minded walkers.

The second group I started is [Your First Walking Group](#). I was thinking, maybe a beginning walker would be intimidated by 1000 miles. They may be thinking, "I just want some information about getting off the couch and walking around my neighborhood." That's were this group fits in with beginner information and a community to support you.

Please join both groups and let's motivate and encourage each other to Walk On!

Share with the group information, pictures and videos of your walks so other people will feel motivated to get out of the door, walk, and share their information as well. You can share ideas, accomplishments, lows, highlights, and any other relevant topic about walking!

Let the group support you!

I recently watched an interview with author Spike Carlsen about his new book [\*\*A Walk Around the Block, Stoplight Secrets, Mischievous Squirrels, Manhole Mysteries & Other Stuff You See Every Day.\*\*](#)

Spike captured my attention, so I contacted him, explained that I was putting together this edition of the newsletter and asked if he'd answer 3 questions for my readers.

Then I pushed the envelope, so to speak, and asked if he'd do an interview for my [\*\*new web show\*\*](#) that has very few views, bad green-screen production, and a person (me) with no interviewing experience. To his credit, Spike, the author of 7 books, enthusiastically agreed!

Along with his answers to my original questions is the [\*\*link to the full interview.\*\*](#)

Thank you Spike!

Walk on,  
Frank S. Ring

“We read books about climbing Mt. Everest, going down the Amazon, and going to the moon but we don't know much about the world right outside our door.”

Spike Carlsen, writer



**WalkingForHealthAndFitness.com**

# 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.

## Always Walk Facing Traffic

When walking, always think about your safety and this starts with you always, always, always walking and facing traffic!

**PS Watch:** [Always Walk Facing Traffic](#), again, it’s that important!



## Weekly Walking Tips and Inspiration Show.

My goal is to do 52 shows! Check back each week for great walking tips and a mixed bag of information.

Watch: [Weekly Walking Tips and Inspiration](#).



## Weekly Walking Tips Playlist

I’m been shooting short walking tip videos. Topics include how to improve your walking form, health tips, fitness tips, mindset information, injury prevention, and more.

Watch: [Walking Tip of the Day](#)



## Walking Inspiration Mindset Music Videos.

Take a 15-minute mindset break and watch and listen to the messages in these video.

[Watch all the mindset videos!](#)



## Author Interview: Spike Carlson

I came upon an interview that author Spike Carlsen was doing for his newest book, [\*A Walk Around the Block, Stoplight Secrets, Mischievous Squirrels, Manhole Mysteries & Other Stuff You See Every Day\*](#). Spike seemed like an interesting guy and so down to earth.

I emailed Spike and asked if he'd answer some questions about his book, the writing process, and walking. Along with the questions I ask Spike to do an online interview with someone that has no interviewing experience and a new web show with very few views.

Spike gave me an enthusiastic yes to both requests.

Thank you Spike!

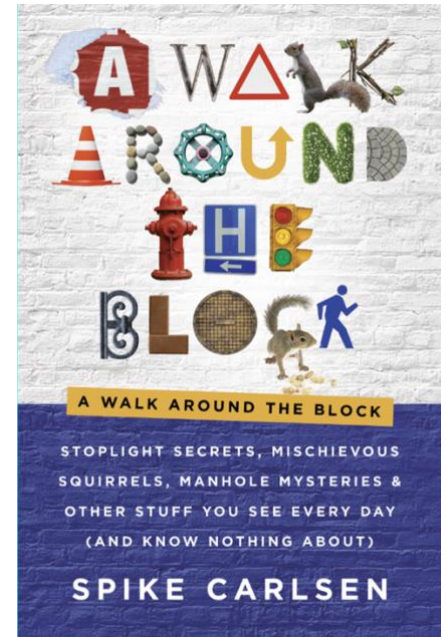
### What inspired you to write this unique book?

I wanted to write a book explaining—in simple, yet enlightening layman's terms—the “inner workings” of the neighborhood and world we pass through every day. Where does our water and electricity come from? Where does our sewage and recycling go? What's the history behind fire hydrants, concrete and front porches? I use a walk around the block as the narrative e “glue” to hold all 26 disparate elements together.

In the course of researching the “walking” chapter I walked with Linda Lemke, the Nordic walking Queen, and spent a day with Dan Burden of the Blue Zones as he guided citizens of Salinas California on ways to make their city safer and more walkable. I discovered the enormous physical, social and emotional benefits of walking. So walking became more than the glue to hold the book together; it became a vital part of the book.

### How does walking affect your writing?

Writing this book involved hundreds of hours of “desk research” as well as dozens of interviews and uncountable field trips. Once you have all the “pieces” of a topic, you need to weave them into a story line that's engaging, informative, entertaining and—if you're luck—inspirational. I often used walking and biking as the workshop for fitting the pieces together. There's something about being outside with the patter of the foot or crank of the pedal in the background that nudges my brain into putting the pieces together. I often bike or walk with a pad of paper to jot down ideas as they come.



[Order Your Copy Today!](#)



The writer and philosopher, Friedrich Nietzsche, once wrote “Sit as little as possible; do not believe any idea that was not born in the open air and of free movement—in which the muscles do not also revel.” I’m not 100% on board with this idea, but he’s right in many respects.

**What was the most interesting thing you learned about the world around you when writing this book?**

I learned the backstory behind so many things we take for granted— trees, mail delivery, cell phone towers, parks, utility poles. I learned the history of “things” is really the history of people—their inventiveness, successes, failures and personal lives. I like to think of “A Walk Around the Block” as a tour guide that points out the history and mystery behind things that will increase your appreciation of the vast museum we stroll through called life.



It also made me aware of the vast number of things we can do on a local, versus national, level to make the world a cleaner, safer, more enjoyable place.

[Watch the complete YouTube interview with Spike!](#)

**For more information about Spike Carlsen:**

Website: [www.spikecarlsen.com](http://www.spikecarlsen.com)

Facebook: <https://www.facebook.com/spikecarlsenbooks>

Instagram: <https://www.instagram.com/spikecarlsen/>

# Facebook Walking Groups

## [Your First Walking Group](#)

Starting an exercise routine can be intimidating. Your First Walking Group was created to get you started walking as a way to better health and fitness.

Beginner walkers and more seasoned walking enthusiasts will find a wealth of support and information within this community of like-minded walkers.



## [Walk 1000 Miles USA](#)

Walk 1000 Miles USA was created as a partnership between Frank Ring and Walking Champions. Both are passionate about walking and they had this amazing idea of creating a community where people could motivate each other to walk 1000 miles during 12 months for a better lifestyle.

Walking 1000 miles in one year period brings incredible benefits for the health and many aspects of life as having more energy, better mood and more positivity!



# Welcome!

**A community where people  
can motivate each other to  
walk 1000 miles in  
12 months for better  
health, fitness, and lifestyle**

# 15-Minute Walking Mindset Transformation

Once you start walking, an amazing process of transformation begins to take place.

The music videos are [based on Walking Inspiration by Frank S. Ring](#):

**Walking Mindset Transformation #1:** The first transformation will be physical as you will begin to feel good! It will begin slowly at first then rather quickly; your body will begin to “feel good!” You will literally “feel” your body getting into physical condition. You won’t be sore you’ll just feel like your muscles have been used. Trust me, you’ll want this feeling to continue.

Soon, you will find that your average walking speed has increased as you become more fit.

**Walking Mindset Transformation #2:** The second transformation will be your mindset. You’ll begin to think more clearly, you’ll be calmer, and your creativity and problem-solving skills will kick into overdrive.

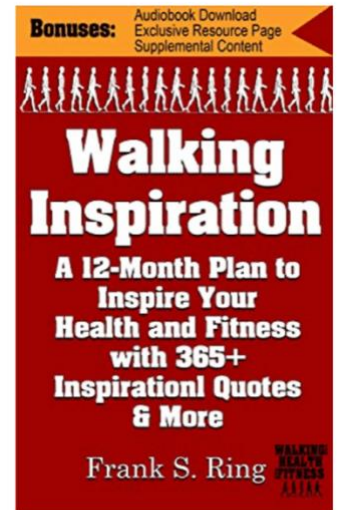
Try this out; before you go out on your next walk, think of a problem you are having. For example, I open my iPhone and create a new note on my Notes app. I dictate the problem at the top of the page then... I do nothing. I just walk, enjoy my surroundings, enjoy the feeling of motion, and enjoy the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

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.

Too often, we expend our energy on issues that have nothing to do with what we want in our lives. It’s like being in a car race and constantly looking at the side mirror to see if the other car is

catching up rather than focusing on what’s going on in front of you.

Having a vision of what you want to achieve in life is



By Ring, Frank S.

BUY ON AMAZON





necessary if you ever want to arrive somewhere.

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



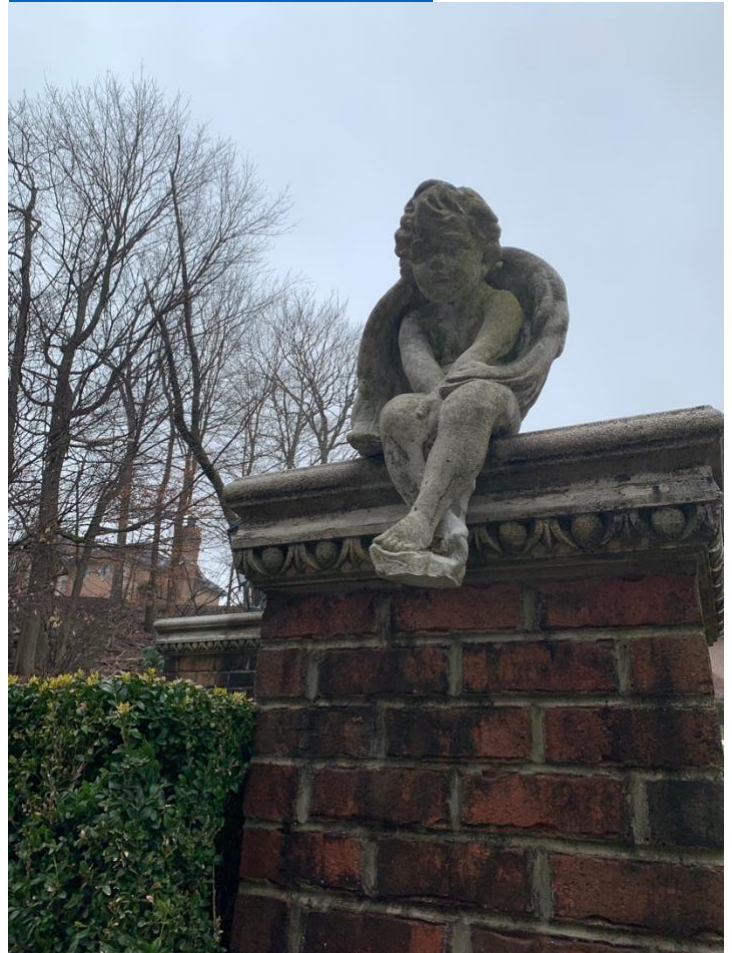
**New York City from Edgewater, NJ**



**[Swan Point State Natural Area](#)**



**A rock bounty in the woods near my home**



**My guardian angel**



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



**Franklin Lakes, NJ**



**A hero's welcome. Oakland, NJ**



**Dramatic sky**



**Wisdom on the road**

# **How to Form Healthy Habits**

## **5 “Steps” to take in forming healthy habits**

**I love using the word “STEPS” and these 5 will help you cover the 10,000 steps that everyone is walking towards.**

### **1. Ask yourself what “healthy” means to you**

- a. A genuinely healthy habit should consistently boost your mood, your energy levels, and your desire to be involved in your own life, and other people's lives. There should be a level of joy attached—not a feeling of responsibility, dread, or anxiety.

### **2. Find your purpose**

- a. What’s your why?
- b. Find long-term sustainable inspiration
- c. In the show notes see my 3-part YouTube video series on “What’s Your Why

### **3. Start with small, simple habits**

- a. Rather than committing to walking 6 miles every day, try this:
- b. After breakfast, commit to taking a 15-minute walk around the neighborhood. When you start doing this consistently, trust me, you will look forward to increasing the amount of time you spend walking.
- c. In my first show, I talked about having get out the door routine... develop one to help you begin this health habit.

### **4. Try to focus on the "soft" things.**

- a. When feeling unmotivated, try focusing on the "soft" things like gratitude, helping others, and social connections.

### **5. Be patient and show yourself compassion.**

- a. Most people have heard that forming and cementing a habit takes 21 days, and when people don't end up achieving that, they can feel discouraged. Now, studies are beginning to see that it can take up to 10 weeks of repetitive behavior for a habit to stick—so be patient.



## Healthy Habits (continued)

Along with patience, you also need to maintain compassion for yourself...

**focus on these 3 things:**

1. Celebrate Your Accomplishments
2. Compliment Yourself Every Single Day:
3. Forgive Yourself: The late Dr. Wayne Dyer put it perfectly, “we are called on to forgive ourselves, to honor what is past, to love and respect it. Look back and say, “That's what I needed to do, that's the person I needed to be at that time in my life. I did that, and I've learned from it. Now I can move on.” Or in our case... Walk on.

With all the great health benefits your new walking lifestyle will bring to you... you're going to be around a long time... so... be easy on yourself, be good to yourself, celebrate your accomplishments, compliment yourself, forgive yourself, and walk on.

## 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.



**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](#)

**100%  
FREE  
Meditation  
Audio  
Tracks**



**Just  
Released!**

- Live your Best Life
- Wire Your Mind for More Money
- Abundant Health

**Meditate  
Effectively!**

**FREE  
DOWNLOAD**



# Nutrition

Best Things to do to Improve Overall Nutritional Health by [Kimberly Koppel](#)

It's the most hectic and stressful time of the year for many, during a time that has thrown us a lot of curve balls. With all the stress, it is sometimes hard to remember the simple things that we may not be realizing are affecting our overall nutritional health. Some of these might be obvious, and even if they are, a friendly reminder never hurts.



One of the most underrated factors in nutritional health has nothing to do with what you put in your body. I am talking about the [importance of sleep](#). Poor sleeping habits can really put a damper on your overall health, but more recently, research has shown a huge correlation between lack of sleep and gastrointestinal issues such as inflammation and immune function. 70% of the immune system is based in the gut so making sure the digestive system is in good shape should be top priority, and if you can help prioritize that by catching a few extra ZZZ's, go ahead and hit that snooze button this weekend.

This topic is something everyone is aware of, [hydrate, hydrate, hydrate!](#) This is a PSA to get up and pour yourself a large glass of water right now. I am sure your body needs it. I like to start my day with a large glass of water (before coffee or tea) you will really notice a difference in your overall energy. It will help set the tone to the day to continue to make healthy choices. Think of a snowball effect, but in a healthy positive way.

The last thing I am going to discuss is important, and it is called mindful eating. We have all sat on the couch with a bowl of popcorn, a good movie, and before you know it the bowl is empty and you're barely past the opening credits. Its mindless eating and can easily cause weight gain if you do not get a hold on it. I have a few tips and tricks to eat more mindfully. First, listen to your body's hunger and fullness cues. Are you eating because you are truly hungry, or because it's just something to do? Once you learn to take those thoughts into consideration it can really help you be more aware of what you put in your body, and how much. Most of the things we mindlessly eat are usually empty calories anyway, so this is a really great place to jump start healthy eating habits.

These three small things will really start to make a difference in your overall nutritional health and mindset. Give them a try!

You can check out Kimberly's Instagram and her food highlights [@theycallmekimbo](#)

# The Cool-Down

FAQ's: Ask Frank

->With gym being closed during the Covid crisis, how can I get in a workout that targets my whole body?

My go to answer is to do bodyweight exercises while walking. Adding a series of bodyweight exercises to your walk will supercharge your fitness and help you build body strength. Your body provides all the resistance you need to develop muscle strength, stronger bones, and will help you lose weight in the process. We know walking help improve your mood and energy levels, and help you live longer.

Watch my videos on the importance of adding bodyweight exercises to your next walk:

- [Fitness Walking and Bodyweight Exercises Amazon Interview](#)
- [What Exactly is Fitness Walking](#)

->Is there a specific way to breathe while I'm out on my daily walks?

When I walk, I link to "slip into" and odd number breathing pattern.

In order 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-counts exhale, 3-counts inhale.

As a bonus, if you are walking and find your thought are distracted, then quickly slip into the odd number breathing pattern to reset and recenter yourself. It works great!

[Walking and the Odd Number Breathing Pattern](#)

## The Home Stretch

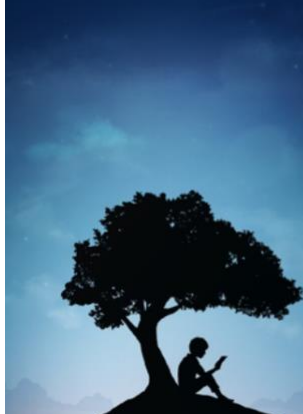
**Just do it!** Get out on that walk, get into a groove, get lost in your thoughts, and very quickly you will be asking yourself many of life's big questions and pondering the meanings of the quotes in this book. Excerpt from my book: [Walking Inspiration](#).

Start your year off on the right foot  
(of left if you prefer) but just start!  
Begin by walking around your block  
if this is your first walking day. Go  
longer if you've been walking. No  
matter the distance, just get out and  
do it, you know you can!

**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](#)



[Walking for Health and Fitness](#)



[LinkedIn](#)

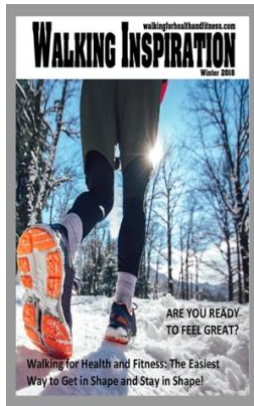
If you haven't yet, subscribe to **Walking for Health and Fitness**.  
Download our *Get out the Door Checklist* and receive *Walking Inspiration*,  
our quarterly newsletter completely free.

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





# Walking Inspiration: Download Past Issues – FREE



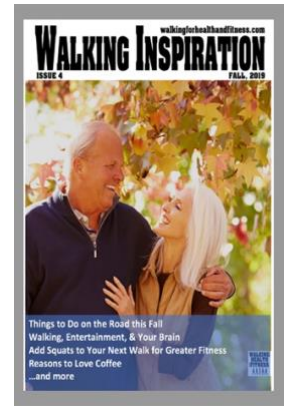
[Issue #1 Winter, 2018](#)



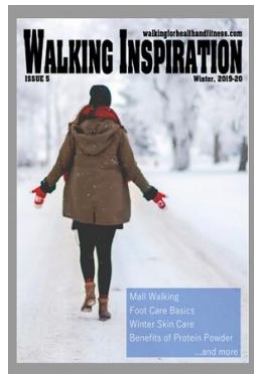
[Issue #2 Spring, 2019](#)



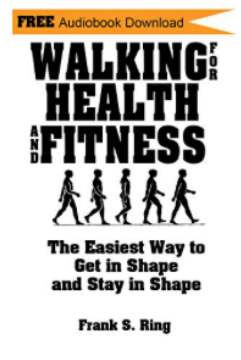
[Issue #3, Summer 2019](#)



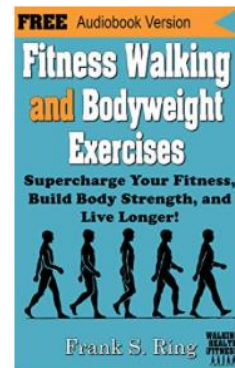
[Issue #4, Fall 2019](#)



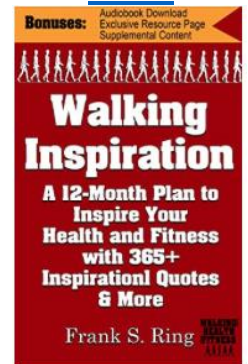
[Issue #5 Winter, 2019](#)



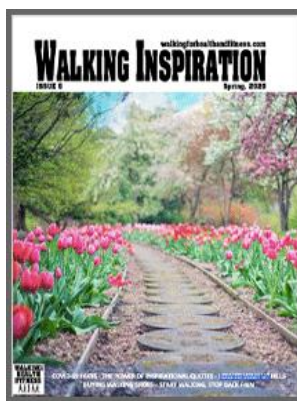
[Book #1 Walking for Health and Fitness](#)



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



[Book #3 Walking Inspiration](#)



[Issue #6 Spring 2020](#)



[Issue #7 Summer 2020](#)



[Issue #8 Fall 2020](#)