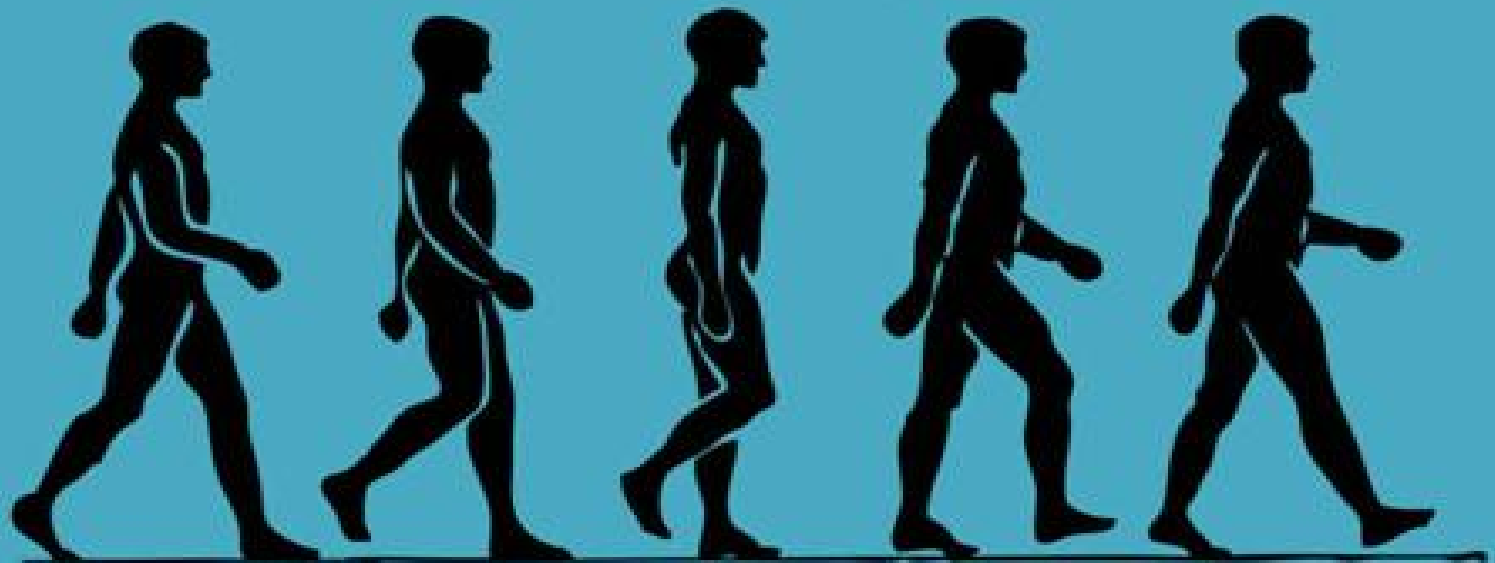


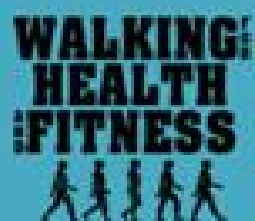
**FREE** Audiobook Version

# Fitness Walking and Bodyweight Exercises

**Supercharge Your Fitness,  
Build Body Strength, and  
Live Longer!**



Frank S. Ring



# Fitness Walking and Bodyweight Exercises

Supercharge Your Fitness, Build Body  
Strength, and Live Longer

Frank S. Ring

*Version 1.0*

[www.walkingforhealthandfitness.com](http://www.walkingforhealthandfitness.com)

**December 23, 2019**

As the body of knowledge in the fitness realm is constantly changing, I've created an exclusive web page for readers of Fitness Walking and Bodyweight Exercises.

**Download** all supplements to this book at: *Fitness Walking and Bodyweight Exercises* [RESOURCE PAGE](#).

Get:

1. The **FREE Audiobook** version of Fitness Walking and Bodyweight Exercises
2. **Fitness Walking and Bodyweight Exercises Supplemental Guide:** Photobook guide to all the fitness exercises and more.
3. Links to websites mentioned in the book
4. *Walking Inspiration*, my quarterly digital magazine
5. My exclusive *Get Out the Door Checklist*
6. Additional Bonus Content

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# Dedication

To my dad, James T. Ring

Thank you for all the love and support.

You taught me many things by the example you set;  
love your children, love your spouse, enjoy your work,  
and be a good, kind, person.

You once told me that education is so important  
because, “even if you had all your possessions taken from  
you, the one thing they can’t take is your knowledge.”

With much love!

Frank

## *How to Get the Most from this Book*

Whether you are new to walking or just looking for a new type of routine, the Fitness Walking Bodyweight Exercise book will provide you with how-to, structure, and motivation.

By combining walking with the “Core Four” fitness exercises in this program; pushups, squats, shoulder planks, and lunges, you will raise your heart rate, build muscle, and strengthen and tone your core muscles for that lean, physically fit look.

The metabolic burn will continue long after you have completed the workout.

The Fitness Walking and Bodyweight Exercises program is designed to get you out the door, complete the workout quickly (35-minutes) and have you look forward to your next workout!

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. By following my fitness walking and bodyweight 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 ***Fitness Walking and Bodyweight Exercises***, you will quickly be on your way to great health.

### **About Walking for Health and Fitness**

[\*\*Walking for Health and Fitness\*\*](#) is a health, fitness, and wellness website dedicated to walking and all the physical, psychological, and spiritual benefits that comes from it to achieve a healthy, balanced lifestyle!

#### **Caution:**

The Information contained in this book 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**

## *Introduction*

A smile comes across your face as you cinch your belt up and realize you need to pull it to the next notch on your belt loop. Yesterday your coworkers commented on how your posture has changed and that you look fitter in your dress shirt; broader shoulders and the shirtsleeves looking tighter around your shoulders and biceps.

Six months ago, you could only imagine this day coming, how it would feel to hear the compliments, and how you would feel physically as you began to transform your body. Isn't that how all change starts? You begin thinking about the best possible outcome, keep your eye on the prize and, lo and behold, you begin to realize your goals!

Where are you today?

How will you feel six months from now?

You need to **get in shape** but one or more of these problems are holding you back:

- You don't know how to start
- You've tried other exercise programs and had less than optimal results
- Other programs were too far advanced for your fitness level and as a result, you were quickly frustrated or worse...
- You got hurt because the program was so far above your level of fitness.

Congratulations! You've taken the first step, literally, in your fitness walking exercise journey.

The ***Fitness Walking and Bodyweight Exercises*** book was designed specifically with you in mind!

“Come on Frank, can I really get in shape from “fitness walking?”

**Absolutely YES!**



Now let's clear up the term "get in shape." I'm referring to cardiovascular and muscular fitness when I say "in shape." Volumes of research have been done regarding the positive effects walking has on the body. I stand by every benefit I've highlighted in this book.

Longevity, quality of life, better sleep, a positive mindset, and less risk of injury... all are benefits of walking.

Now, I would like to explain my term, "fitness walking."

In this case, fitness walking is adding additional bodyweight exercises to your walking routine to enhance the benefits you already gain by walking. The addition of bodyweight exercise will give you added muscle strength, endurance, and a leaner body!

I encourage you to read this book several times throughout your fitness journey. At various points in the future, the information will affect you differently as you get to the next level of fitness.

This is both a beginner guide and an advanced guide. The material will always be relevant as you control the intensity at which you perform the exercises as you get stronger. This will always provide you with the motivational fuel to take your fitness to the next level.

Just like looking at a holographic image, what you see are changes based on the angle you are looking at it. Tilt it to the left and you see one image, tilt it to the right and you see another. In actual fact, the card stays the same. The only thing that changes is your perspective.

Read on about why this program is a sure-fire way for you to get into great shape and why you'll look forward to doing the workout every day!

*Fitness Walking and Bodyweight Exercises* uses a common-sense approach to get the maximum benefit from this low impact form of exercise.

As Teddy Pendergrass sang, "you can't hide from yourself, everywhere you go there you are."

Bodyweight exercises can be done anywhere at any time. You are limited only by your imagination.

### **The Walking for Health and Fitness Philosophy:**

- Incorporate more walking into your daily routine
- Do bodyweight exercises for lean muscle and to boost feel-good endorphins
- Create a positive mindset through walking
- Watch your caloric intake & eat healthy nutritious foods
- Drink more water
- Get more sleep
- Breathe

### **Your Next Step:**

Continue reading this book and, more importantly, **take action** on the information you read in the upcoming pages!

## *Take Control of Your Health: Your First Steps*

**Before reading any more of this book**, there are a few changes you can make to your daily routine that will have an **immediate positive impact on your life**.

If you do not follow any other fitness advice I offer on the benefits of walking and doing bodyweight fitness exercises please, please, **please do these three things**:

Drink more water, get more sleep, and breathe!

### **1. Drink More Water:**

Your brain is approximately 73% water, so it stands to reason that keeping the brain hydrated is essential. Being dehydrated by as little as 2 percent may impair your ability to perform tasks that involve motor skills. Make sure you're drinking enough water.

A good rule of thumb is the 8X8 rule of hydration, eight 8-ounce glasses of water each day. Again, it's worth repeating, the 8x8 rule is just a **guideline**. If you are active you will need more, if you are less active you'll require less but the bottom line is if you are consciously aware of your need to increase your water intake, you'll develop the habit of drinking more water which will lead to feeling better.

### **2. Get More Sleep:**

While our mind seems to turn off while we sleep, our brain and body are going through a very active period in which important processing, restoration, and strengthening are happening.

Getting enough sleep is important for two reasons:

- Sleep helps your body repair its organ systems including; muscles, immune systems, and other hormones.
- Sleep plays a crucial role in your memory system, helping it to retain what you've learned throughout the day.

### **3. Breathe**

You trigger the relaxation response by abdominal breathing for 20-30 minutes per day. This will activate your body's *Natural Relaxation Response*.

In the chapters Water, Water, Water, Get More Sleep: Natures Nurse, and the Power of Your Breath I will cover all the health benefits of each.

Knowing I've put this out to you right at the beginning of this book will help me sleep better tonight! Now, where did I leave my glass of water?

# SECTION I

## Getting Started

**Chapter 1: What exactly is Fitness Walking:** Walking faster **AND** adding bodyweight fitness exercises to supercharge the fitness aspect of walking.

**Chapter 2: Exercise Mindset:** You are training for your own Olympics, the Olympics of the rest of your life.

**Chapter 3: Goals:** Developing a fitness routine is a major undertaking, and having a destination to aim for will keep you on track to reach the health and fitness level you'd like to achieve.

**Chapter 4: Your Start Point: Where are you now?** Without a clear start point, how will you know when you've made progress?

**Chapter 5: What's Your Why?** So, what is within you that gets you motivated?

# Chapter 1: What Exactly is Fitness Walking?

Fitness walking is a more intense form of walking. My [\*Walking for Health and Fitness eBook\*](#) describes fitness walking as walking at a pace where talking to someone is labored or at a pace of 14-16 minutes per mile.

**Now, I want to redefine fitness walking** as; walking faster **AND** adding bodyweight fitness exercises to supercharge the fitness aspect of walking.

**The 3 main goals of this new definition of fitness walking are to:**

- Increase your heart rate
- Build muscle
- Increase endorphins

## **3 Ways to Builds a Strong Body and Heart:**

### **1. Walk Faster**

Older adults capable of walking 2.25 miles per hour or faster consistently live longer than others within their age group.

### **2. Walk Uphill**

Walking uphill, even at a slow pace, will increase the walking intensity to moderate and even strenuous levels.

#### **Benefits of walking up hills:**

- 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

Read more: [How to Walk Up Hills](#)

### **3. Add Bodyweight Fitness Exercises to Your Walking Routine**

By fitness exercises, I mean bodyweight exercises you can do while out walking with no need for special equipment or a gym. Your body will provide all the resistance you require for a fit, firm, and strong body.

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.

#### **Health benefits include:**

- Stronger muscles and bones
- Weight loss
- Improved health
- Increased energy
- Improved mood
- Longevity

#### ***Why walking and bodyweight exercises are so effective***

Walking and doing bodyweight exercises have a synergistic effect on the mind-body connection. The rhythmic motion of the cross patterned movement of walking has a calming effect. Walking reduces stress, wards off anxiety and depression boosts, self-esteem and improves sleep, which as I mentioned above in Take Control of Your Health, is one of three immediate steps you should be taking in following the Walking for Health and Fitness Philosophy.

By adding the bodyweight exercise fitness component to walking you now have set yourself up for a lifetime of good health. Bodyweight exercises are easy on the joints and help you avoid many chronic injuries associated with weightlifting and other extreme sport fitness programs.

Your body is the only equipment you need to do a fitness workout anywhere and at any time. No crowded gym and costly membership to deal with. You can work out in your

local neighborhood, in a city park, along a quiet country road, or while walking on the beach. Your workout options are limited only by your imagination!

### **Fitness walking utilizes:**

- Side of chest: serratus anterior
- Shoulder muscle group: deltoid major and deltoid minor
- Upper and middle back muscles: latissimus dorsi, rhomboids, and trapeze
- Arm muscles: biceps and triceps
- Buttocks muscles: gluteus maximus, minimus, and medius
- Leg muscles: hamstrings, quadriceps, calf and shin muscles

### **Advantages of Bodyweight Exercises**

Adding bodyweight exercises to your walking routine will help you decrease body fat, gain strength, add lean muscle, improve cardiovascular fitness, and make navigating through life easier.

Each exercise can change in intensity by making a minor adjustment to it. Perform as many pushups as possible and you are working on endurance. Perform a different variation such as moving your hand position wider and you are emphasizing a different muscle. Adjust how you perform the pushup and you've radically altered the benefit; slow down the speed of each repetition and you are making each pushup more challenging; change the angle of your body by putting your feet up on a park bench and you now build strength and lean muscle mass.

For each bodyweight exercise in this book, I will provide you with **variations** and **adjustments** to mix up the workout and challenge your body.

Bodyweight exercises allow you to quickly move from one exercise to the next with little rest between each to help you burn fat. The quick pace in which you can you move from one



to the other allows for high intensity interval training or “HIIT”. Alternating sets with minimal rest forces the body to produce muscle-building and fat-burning hormones like HGH and testosterone.

### **Your core: engage at least 29 muscles.**

Every bodyweight exercise featured in this guide engages the core either as a primary muscle or for stabilization thereby increasing functional strength.

Functional strength is the strength that gets us through life and daily survival. The primary goal of functional training is to transfer the improvements in strength achieved in one movement to enhancing the performance of another movement by affecting the entire neuromuscular system. For example, bodyweight squats give you a greater benefit on improving your ability to rise from a sofa than performing knee extensions with weights at your gym.

### **Why you need to fitness walk (THE MINDSET BENEFITS)**

One of the emotional benefits of bodyweight fitness exercises is the surge of endorphins it produces. A California State University, Long Beach study showed that the more steps people took during the day, the better their moods. Why? Walking releases natural, free-good, pain-killing endorphins into your body.

### **Endorphins, Endorphins, Endorphins!**

The body produces endorphins in response to prolonged, continuous exercise.

### **So why is this so important?**

Endorphins are natural pain and stress fighters. Endorphins are brain chemicals known as neurotransmitters, which transmit electrical signals within the nervous system.

### **Stress and pain are leading factors in the release of endorphins**

Endorphins interact with the opiate receptors in the brain to reduce the perception of pain.

Endorphins act similarly to drugs such as morphine and codeine **BUT without the addiction or dependence**. So, endorphins are released to decrease the feeling of pain.

### **The Secretion of Endorphins Leads to:**

- Feeling of euphoria
- Modulation of appetite
- The release of sex hormones
- Enhancement of the immune response
- Reduction of pain

All these benefits just from exercising and, walking is our exercise of choice! This sounds so good, I'm going out for a walk!

### **More on Endorphins**

Endorphin release varies among individuals. Foods such as chocolate or chili peppers can enhance the secretion of endorphins.

### **Other activities stimulate endorphin secretion:**

- Acupuncture
- Massage
- Meditation
- Yoga

### **The Act of Walking Makes You More Productive**

Exercise improves cognition for two reasons:

- Exercise increases oxygen flow into the brain.
- Exercise reduces brain-bound free radicals.

One of the most interesting findings of the past few decades is that an increase in oxygen is always accompanied by an uptick in mental sharpness. Exercise acts directly on the molecular machinery of the brain itself. It increases neurons' creation, survival, and resistance to damage and stress.

## **When should you begin fitness walking?**

As pleasure walking (walking at an easy pace as if in a park or the mall) gets easier, you'll know it's time to transition to fitness walking.

You should begin fitness walking when you feel comfortable pleasure walking for at least 30 minutes at a time.

As you begin your walking program, you will get to know your body and how it is responding to the new walking routine.

**Remember the expression, “slow and steady wins the race.”**

The Fitness Walking and Bodyweight Exercises program has been designed for you to get the most out of walking for the remainder of your life.

Fitness does not “travel” on a straight line up. Some days you will need to back off and take it easy. Only you know your body. Always err on the side of caution.

If you don't feel like fitness walking one day, then don't. Going back to pleasure walking is just great. If you continue to enjoy walking, then my program has done its job!

## **How to transition to fitness walking?**

The following is an excellent way to transition to fitness walking.

You can break this up in any way you'd like.

### **Here is a good way to start:**

- Within a pleasure walk, you pick up the pace for 5 minutes, slow down for 2 minutes, pick it up again for 5 minutes, slow down for 2 then pick it up again for 5 minutes.
- This would give you 15 minutes of fitness walking (approx. 1 mile)

## **How Much Should You Do?**

**Fitness walk 3-5 times per week:** it doesn't have to be done all at one time. For example, if you walk for 15-minutes in the morning before work, then 15-minutes at lunchtime, then 15-minutes in the evening you've completed 45-minutes... that's excellent.

### **A gradual build up to this number**

Begin with 1 day in which you will fitness walk. Again, a fitness walk is considered to be 14-16 minutes to cover a mile. One day will eventually become two days, two will become three, and so on, and so on!

### **Determining Intensity**

Intensity is the major factor for fitness walking!

### **You Will Track Intensity Via the Rate of Perceived Exertion**

It's how you feel you are exerting yourself on a scale of 1 to 10

- 1 – Sitting on the couch
- 10 – Walking as fast as you can uphill for an hour (OK, that's an exaggeration, but you get the point)

### **Fitness walking perceived exertion**

Aim for 6-7 on the scale (again, this is your perceived exertion, so only you can determine this).

### **Talk test**

- Speaking out loud should be an effort. You can only speak in short sentences.
- If you can carry on a full conversation, pick up the pace!
- If you can't speak at all, slow it down!

### ***Walking Form***

- Head up and centered
- Shoulders back

- Chest naturally lifted
- Arms low and slightly bent
- Hands loosely cupped
- Abdominals: belly button pulled towards the spine
- Hips loose and natural
- Thighs: natural movement; a link between your hips and lower leg
- Feet: heels strike the ground first
- Breathing and heart rate: keep breathing smoothly, deeply, and regularly. If breathing in a relaxed manner, then your heart will beat steadily and rhythmically.

### **Mind-Body Benefits of Walking**

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

### **The Effects of Walking on Life Expectancy**

Studies show a dramatic decrease in life expectancy once a person loses the ability to walk. Also, a decrease in walking speed is an indication of hidden health issues.

Studies show that walking speed is as vital a health indicator as blood pressure, heart rate, and other vital signs.

So, put in your earbuds and listen to upbeat music, complete the warm-up, then start walking. At every 4-minute interval complete a fitness exercise. This will **“Supercharge your walk and tone your body!”** You’ll learn more in the chapter, *The Core-Four: Focusing on the exercise*.

By combining walking and bodyweight exercise, you will magnify the effects of the walking. Then, end with the cool-down and stretching and you’ve completed an awesome Fitness walk!

Congratulations! You are ready to join millions of walkers who simply put one foot in front of the other!

By combining walking, pushups, squats, shoulder planks, and lunges, you will tone your full body!

**Your Next Step:**

Continue reading as I take you through the exercise mindset, your why, how to warm up, the Core-Four bodyweight exercises, and your Fitness Walking and Bodyweight Exercises routine.

## Chapter 2: Exercise Mindset

Getting in shape is not difficult when you have the right mindset. Please keep this in mind; you are exercising to get in shape in terms of your cardiovascular system and your muscle strength. Being able to walk for longer periods and increasing your muscle strength will serve you well over the long term, and by long term I mean the rest of your life!

You are not training as if you are an Olympic athlete. If you were training for the Olympics, you would have a training regime that is specific to the event you are competing in. Marathon runners train for miles and miles at a time. Sprinters run shorter, more intense workouts, followed by heavy weight training.

You are training for your own Olympics, the Olympics of the rest of your life. You'll need to be mobile well into advanced age, strong enough to get you to that old age, and most important, if you enjoy the fitness walking process, then it's a win-win.

While all the marathon runners, basketball players, Boot-camp/Cross-fit devotees are dealing with knee and hip replacement, you will be walking on!

### **The Walking for Health and Fitness Exercise Principles:**

1. Work to your fitness level and increase the intensity as you get stronger
2. Be consistent: avoid long period of inactivity
3. Follow an effective routine
4. Set realistic goals: goals keep you on track
5. Record your activities: keeping a log of your walking miles and fitness routines will keep you motivated when you look back and see just how much you have accomplished
6. Make the plan fit your lifestyle
7. Work on your mindset
8. Short workouts (32-minutes is all you need)

9. Get inspired: read uplifting books and listen to audiobooks while you walk
10. Experiment: try different things
11. Make the time: you don't find time, you make the time to walk
12. Be patient: fitness doesn't travel on a straight line
13. Be happy: it's better than being sad
14. Reward yourself: celebrate your accomplishments!



# Chapter 3: Goals

“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands—your own.” Mark Victor Hansen

Developing a fitness routine is a major undertaking, and having a destination to aim for will keep you on track to reach the health and fitness level you’d like to achieve.

The goal setting process is the defining component of your walking program! This is why we will spend so much time on it.

## **Is it a Goal or a Wish?**

Most people think that having a vague idea of what they want and being positive and optimistic about accomplishing it is a goal. This isn’t for you!

Only 3 percent of people have clear, written goals with plans to accomplish them. Only 3 percent of people work on their most important goals each day.

You want to be among the 3 percent!

## **Goal Setting Made Simple**

Before you actually “walk” to your goal, you need to take a series of planning steps to dramatically increase the chances that you will be successful.

These seven steps will help you to your set your goals:

1. Decide exactly what you want in terms of health and fitness
2. Write down your goals and make them measurable
3. Set a deadline
4. Identify all the obstacles that you will have to overcome to achieve your goals
5. Determine the additional knowledge and skills that you will require to achieve your goals

6. Determine those people whose help and cooperation you will require to achieve your goals
7. Make a list of all your answers to the above, and organize them by sequence and priority

By following these seven steps, you can accomplish any goal that you set for yourself.

### **Your Next Step**

Set 2 goals for yourself:

1. Set one big long-term goal: Give yourself a compelling reason to get up and walk each day.
2. Set one small goal that you can accomplish today:  
We all need a win every day!

# Chapter 4: Your Start Point

## **Where are you now?**

Without a clear start point, how will you know when you've made progress?

Answer the "Where Am I Now" questions with complete honesty. Only you will see what you have written.

As you begin your Fitness Walking Bodyweight Exercise Program, you will start to see positive changes in your health, fitness, and mindset.

Frequently look back on the answers as a guide to how much progress you are making throughout your Walking for Health and Fitness journey!

1. Why do you want to begin the Walking for Health and Fitness Program?
2. What do you want to get out of this program?
3. On a scale of 1-10, how would you describe your current mindset in terms of being a happy, content, 'all is good with me' type of person? A score of 10 being very happy, content, all is good; and a score of 1 being the opposite.
4. If any health issues affect you at this time, list them.
5. Calculate the cost of your treatment, lost productivity, and time. Put a dollar amount on it.
6. What are the costs to your happiness and quality of life as it related to your health issue?
7. Write down anything you currently can't physically do but would like to do in the future.
8. Write down anything else you can think of as related to why you started the Walking for Fitness Walking Bodyweight Exercise Program.

## **Your Next Step**

Answer the “Where Am I Now” Questions. Write them down and refer back to them often throughout your Fitness Walking and Bodyweight Exercise Journey.

# Chapter 5: What's Your Why?

## **What Gets You Motivated?**

To get the most from your Fitness walking routine, you must know your “WHY!” We listen to motivational speakers, read motivational quotes, motivational books, and go to motivational seminars, but do these people, literature, and events get you motivated?

Can an expert speaker get you to get out of the house and walking for 30 minutes a day, even in the rain?

Is there something about being motivated that you haven't tapped into yet? Motivation is defined as the reason or reasons one has for acting or behaving in a particular way. Motivation is also the general desire or willingness of someone to do something.

## **Is Motivation From Within or From the Outside?**

T. Harv Eker is an author, motivational speaker, and wealth creator. He puts it simply: “Thoughts lead to feelings. Feelings lead to actions. Actions lead to results”!

This got me thinking, is Harv motivating me with his words or is the motivation already within me since it's all about my feelings and actions which both come from within?

## **What's Your Why?**

So, what is within you that gets you motivated? This is the \$64-Thousand question.

Sometimes it's as clear as the nose on your face. The Doctors said if you don't start getting in shape you won't be around much longer. That's an easy “why” to answer.

Fortunately, for most of us, we aren't forced by the diagnosis of impending death to snap us into thinking about what it is that gets us going. Most of the time, we just want something in our lives to get us moving and feeling good about ourselves.

## **Chicken or the Egg, Which Came First?**

So, when you are asked, why are you walking? You might just be facing the proverbial chicken and egg situation.

What comes first? Is it knowing the reason you have to walk, or is it I'll get out and walk and my reason will appear?

You might not know you're "WHY" at this very moment, but I'm here to tell you that walking will give you plenty of time to sort out the "why am I walking question".

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. Now, here is the exciting part, you will quickly come up with answers that you never thought were possible!

Let's face it, if you aren't in shape right now then most likely you haven't yet answered your "WHY" question!

### **Answer These Four Questions and Get to Your Why.**

1. What happens if I don't walk?

Write down all the consequences of not being in good shape.

2. What gives me "pep in my step"?

What is that one thing that when you do it, you lose track of time?

3. What are my strengths?

We all have strengths and skills. What do you possess that will help you continue walking?

4. What am I passionate about?

Walking will give you more time to develop and expand your passion.

### **Your next step:**

Write down on paper or your Notes App the four questions above then... go out for a walk. That's it. Don't dwell on answering the questions... just let them be and see what happens.

In the chapter, Walking and the Transformational Process, I will further discuss the “mystical” aspect of walking and problem-solving.

## SECTION II

### Get Stronger

**Chapter 6: Benefits of Bodyweight Exercises:** Here is the major concept of this book and the second half of the title. Bodyweight exercises and why they are good for you, why you need to do them, and how beneficial they are.

**Chapter 7: Warming up before your Fitness Walking Routine:** 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.

**Chapter 8: The Core Four - Focusing on the exercises:** You don't need a gym: When I was in the gym I wanted to be outdoors, moving, seeing things, thinking, daydreaming and creating. The home gym restricted this. Then the lightbulb went off...

**Chapter 9: Using Your Surroundings to Modify the Exercises:** Here is a list of exercises you can perform with the assistance of objects or conditions you may find available to you during your walk.

**Chapter 10: More Bodyweight Fitness Exercises:** Use these exercises to complement the Core-Four

**Chapter 11: The Cool-Down and Stretching:** Your cool-down is the transition from activity to inactivity.

**Chapter 12: Sample Routines:** More ideas to get you fitness walking.

**Chapter 13: Tracking Your Progress:** Regularly tracking your workout progress is a must for several reasons.

**Chapter 14: More Benefits of Walking:** Walking as little as 30-minutes a day at a comfortable pace provides many benefits.



# Chapter 6: Benefits of Bodyweight Exercises

Here is a major concept of this book and the second half of the title. Bodyweight exercises and why they are good for you, why you need to do them, and how beneficial they are.

## **Promotes “youth hormones”**

An Effective strength training regimen promotes the release of vital “youth” hormones:

- Testosterone (for men)
- Estradiol and Estrogen (for women)

Strength training helps prevent the loss of muscular strength known to accompany aging.

## **They’re free**

When I say “strength training” I don’t mean heading to the gym and using stationary machines either. Your body weight is all you need to get these fantastic benefits. Bodyweight exercise develops functional strength. This is the strength you need to go about your daily life.

## **Improves your balance and flexibility**

Bodyweight training engages your core muscles and improves strength in your limbs.

More than one-third of persons 65 years of age or older fall each year, and in half of such cases, the falls are recurrent. Falls are the main cause of morbidity and disability in the elderly.

## **Variety**

You have so many choices of exercises. Change it up every workout to tone your whole body.

Change the locations in which to work out. On a beautiful fall day head to a park and enjoy the leaves changing colors. Hot summer day... get to the beach and workout along the shoreline.

## **“HIIT” – High-Intensity Interval Training”**

The HIIT exercises allow you to activate more muscles during your workouts, burn more calories while you work out, and keep burning calories (and activating your cells’ mitochondria) after you’re done working out.

### **Quick and to the point**

Quick sets of bodyweight exercises have been proven to contribute to weight loss more effectively than long cardio sessions. The results of bodyweight exercises are a lean, fit, and strong body.

As you’ll see, you can change the intensity of the exercises at any time by adjusting how the exercise is performed:

- Leverage
- Using an unstable platform
- Pausing during the exercise
- The number of points of contact
- Range of motion
- Speed

### **Your Next Step**

As you’ll soon learn, bodyweight exercises have many advantages and variations to them. Read on for more details.

# Chapter 7: Warming up before your Fitness Walking Routine

## **The Big Mistake Most Athletes Make**

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.

The purpose of a warm-up is to:

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

Warming up is a transition between rest and activity. The American College of Sports Medicine considers warming up an essential part of any type of workout.

## **The Perfect Warm-Up Routine**

Crucial but not complicated!

Perform each movement 5 times. This should take approximately 3-5 minutes. A good warm-up will get your body ready to walk and help prevent injuries.

- Squats
- Lunges
- High Knees
- Calf Raises
- Ankle Circles
- Leg Swing (Hold a chair or wall for support)
- Pelvic Loop (Hip Circles)
- Arm Circles

## **A PICTURE IS WORTH A THOUSAND WORDS!**

Before reading any further, [Download the Fitness Walking and Bodyweight Exercises Supplemental Guide](#)

for pictures and descriptions of each exercise, variation, and adjustment.

**Description of each movement:**

**Squats:** Target the quadriceps, glutes, adductors, calves, hamstrings, hip flexors, and abdominal muscles.

- Begin with your feet shoulder-width apart
- Slowly drop your butt down towards the floor. Pause at the bottom of the movement and return to the standing position.
- Aim to complete 5 squats.

**Lunges:** Targets the glutes in your hips and butt. Hamstrings and quadriceps in your thighs, calf muscles, abdominal muscles, and your back muscles act as stabilizers during this exercise.

- Begin with your feet shoulder-width apart. Step forward with your left foot and slowly drop your right knee towards the floor.
- Return to the standing position by pushing off the left leg to propel you back.
- Alternate with each leg.
- Aim to complete 5x each leg.

**High Knees:** Targets and strengthen your inner and outer hip area. As your body works to maintain balance on the standing leg during the exercise, you can isometrically tone calf, quadriceps, hamstrings, and buttock muscles on the standing leg.

- Begin with feet shoulder-width apart and slowly raise your left knee so that your thigh is parallel to the floor.
- Return to standing position.
- Alternate raising each leg.
- Aim to complete 5x each leg.

**Calf Raises:** Target the gastrocnemius, tibialis posterior, and soleus muscles of the lower leg. The movement performed

is the plantar flexion, a.k.a ankle extensions.

- Begin with feet together then slowly raise your heels off the floor.
- Aim to complete 5x.

**Ankle Circles:** Loosens the muscles and tendons in the leg and the joint around the foot. Doing ankle circles just a few times per week can help you improve flexibility, range of motion, and can improve overall comfort while walking.

- Slightly raise your right leg in front of you. Slowly rotate your foot in a circular motion. Picture your big toe as a pencil point and draw circles with it. Small circles first then larger as you warm up.
- Aim to complete 5 circles for each ankle.

**Leg Swings:** Leg swings gently engage your hamstrings, quads and calf muscles (Hold a chair or wall for support)

- Slowly swing your leg back and forth for 30 seconds. Alternate legs.

**Pelvic Loop (Hip Circles):** This exercise is great for relieving stress and tension and improving flexibility. It helps loosen the lower back and hip muscles. Strengthens the core and trims the waist.

- Slowly rotate your hips in a circular motion clockwise then counter-clockwise for 20-30 seconds. (think Hula-Hoop).

**Arm Circles:** This movement targets the shoulders, triceps, biceps, and back.

- Extend your arms out to the side and slowly rotate them in small circles clockwise then counter-clockwise for 20-30 seconds

**“Frank, No Stretching?”**

Stretching before your muscles are warm and pliable can lead to strains, pulls, and tears. You will stretch during the cool-down period after you have walked.

**Your Next Step:**

Develop your warm-up routine! **Reminder:** Do not stretch before warming up!

Also, [Download the Fitness Walking and Bodyweight Exercises Supplemental Guide](#)

# Chapter 8: The Core Four - Focusing on the Exercises

## **Why bodyweight exercise?**

It seemed very simple to me that while I was out on my walks I felt I needed to exercise my whole body. I loved walking and loved being in shape, but I didn't like working out in my home gym. When I went to my basement gym I very rarely was psyched up to work out. My motivation ranged from "let me get through this as quickly as possible, too... how much can I procrastinate between sets?" When I was in the gym I wanted to be outdoors, moving, seeing things, thinking, daydreaming and creating. The home gym restricted this.

Then the lightbulb went off... work out while walking!

It makes total sense as you are always with your body, so your gym is available to you anywhere at any time 24/7. You are limited only by your imagination.

Bodyweight exercises rely on natural motion and are functional. For instance, pushups mimic the motion of pushing a piece of furniture across the room when you need to move it to redecorate or vacuum. You must tighten your core muscles, then engage your hips, legs, and upper body. In contrast, laying on a bench and pushing up a barbell full of weights do not give you the same functional workout.

You need to move your body throughout the day and bodyweight exercises strengthen you for day-to-day activities!

Through bodyweight exercises you will develop greater body strength, muscular and cardiovascular endurance, flexibility, increase your walking speed, and improve your coordination.

Performing bodyweight exercises while walking will allow you to achieve continuous positive results and greater body control. You will gain time by not having to travel to a gym and you will save money as walking and doing bodyweight exercises are FREE.

## The “Core-Four” of Bodyweight Exercises

- Pushups
- Squats
- Lunges
- Planks

I choose these as the Core Four because you do not need any extra equipment or apparatus. You can stop and perform sets of these at any time during your walk.

You can perform variations of each exercise to add variety to your workout and you will get stronger by making various performance adjustments to increase the intensity at which the exercise is performed.

**Two factors that change the difficulty of each bodyweight exercise:**

**Exercise Variation:** Each exercise can be changed to emphasize different areas of the body. For example, when doing pushups, you can move your hand position wider to emphasize the chest muscles or move the hands close together underneath your body to emphasize the tricep muscles of your arms.

**Exercise Adjustments:** These are an element, feature, or factor that will change the intensity and difficulty when performing the exercise.

- Body angle
- Points of contact
- Speed
- Pausing
- Unstable platform
- Range of motion

**For example:** If you perform a pushup while placing your feet on a park bench, you’ve changed your **body angle** and dramatically increased the difficulty of the exercise. If you lift the left foot off the bench while performing a pushup you’ve changed the **points of contact** from 4 to 3 further increasing the difficulty of the exercise. If you **pause** halfway through the



pushup or **speed up** the rate in which you perform the pushup you've once again altered the exercise. The possibilities on how to perform the exercises are limitless!

## **Performing the Core Four**

### **Pushups**

Pushups work every major muscle group in your body and because of this, they raise your heart rate. I consider pushups the foundational exercise of your fitness walking routine. They complement walking so well because you do not need any equipment or a special place to perform them. Just stop at a safe location anywhere on your walk and start your pushup set.

I've done pushups on sidewalks, driveways (several feet off the street so any cars pulling into the driveway see me), on lawns of homes I walk past, on hiking trails, running tracks, and at the beach. You can even do them in a shopping mall while mall-walking if you don't mind the strange looks you'll get.

### **Basic pushups work the:**

- Chest muscle group: pectoralis major and pectoralis minor.
- Side of chest: serratus anterior.
- Shoulder muscle group: deltoid major and deltoid minor.
- Upper and middle back muscles: latissimus dorsi, rhomboids, and trapeze muscles.
- Arm muscles: biceps, triceps, and forearm muscles.
- Buttocks muscles: gluteus maximus and medius.
- Leg muscles: hamstrings, quadriceps, calf and shin muscles.

To perform a pushup, you must include a host of supporting muscles in the lower back, abdominals or core muscles, the buttock muscles called gluteus maximus and medius, leg muscles including the hamstrings, quadriceps, calf, and shin muscles. **They are a complete exercise!**

### **How to do a pushup:**

- Lay face down on the ground
- Place your hands under your body just below your shoulders
- Push yourself up off the floor keeping your body stiff
- Hold the position at the top then repeat the movement

**Pushup Variations:** (download the exercise guide included with this eBook at:<link>

- Close hand position: emphasize the triceps and chest muscles
- Wide hand position: emphasize the chest, shoulders, back muscles
- Staggered hand position (one hand above you should, one hand below): emphasize more shoulder muscles
- Wide-alternate Drop Down: dropping down to your left side, then right side
- Pike Position: begin with your butt high in the air and your body bent
- Burpees: Download the guide for full details
- Downward Dog: Download the guide for full details

### **Pushup Adjustments:**

- To make them more difficult: elevate your legs
- To make them easier: push off an elevated surface
- Only go halfway up before returning to the bottom position
- Pushup jack: splay your feet and legs wide while at the top of the pushup position
- Plyometric pushups (clap hands): (advanced movement) Explode up from the bottom position to clap your hands together before returning to the bottom position.
- Stop and go pushups: from the top position, lower yourself slowly to the ground, pause for several

seconds, then return up to the top position

Read more about pushups: [How Many Pushups should I be able to do](#) at my website.

## **Squats**

Squats target the following muscles: quadriceps, hamstrings, gluteus maximus, gluteus medius, abdominal muscles for stability, and calf muscles. Your core muscles also work to stabilize you through this exercise.

Squats are a functional exercise as they mimic the real-life movements of getting up from the seated position and squatting down to retrieve something on the ground.

### **How to do a squat**

- Begin with your feet shoulder-width apart
- Slowly drop your butt down towards the floor
- Pause at the bottom of the movement
- Return to the standing position (you should feel as if you are pushing up through your heels)

### **Variations:**

- One-legged squat: quadriceps, hamstrings, glutes, lower back and hip flexors
- Sumo squat (Wide stance & feet pointed outward)
- Resting squat: hold the lower part of the squat for 30 seconds

### **Adjustments:**

- Pause for a count of 4 to 30 seconds or more at the bottom of the squat
- Complete the squat in slow motion

## **Lunges**

The primary muscles targeted when doing lunges include the quadriceps in your thighs and the gluteus maximus in your hips and butt. The hamstring and calf muscles in your legs,

your abdominal muscles, and your back muscles act as stabilizers during this exercise.

Focus on keeping your torso moving up and down and keeping your weight balanced.

### **How to do a lunge:**

- Begin with your feet shoulder-width apart
- Step forward with your left foot and slowly drop your right knee towards the floor
- Keep the trailing knee underneath your hips
- Don't over-stride
- Return to the standing position by pushing off the left leg to propel you back
- Alternate with each leg

### **Variations**

- Walking lunges: quadriceps, glutes, hip flexors, hamstrings
- Back lunges: quadriceps, glutes, hip flexors, hamstrings
- Lunge dropdown: quadriceps, glutes, hip flexors, hamstrings
- Lateral Lunges; quadriceps, glutes, hip flexors, hamstrings

### **Adjustments:**

- Start with legs already spread and just dip the back knee **down and up quickly**.
- Start with legs already spread and just dip the back knee down and **hold**. Return to up.
- Hold your hands over your head as you do the lunge.

### **Planks**

Planks are a great test of overall body strength working your core, chest, arms, back, legs, and butt. The muscles they target are the rectus abdominis (front muscles of the abdomen) and transverse abdominis (the muscles that cinch the waist and

act as core stabilizers), trapezius and rhomboid muscles in the upper back, pectoral muscles in the chest, serratus anterior of the side, chest, and shoulders.

Planks also target the core which includes your hips and lower back.

Your hips play a key role in doing a proper plank. Your hips connect to your lower abs (lower part of the rectus abdominis), so engaging these muscles help you to hold the plank longer with proper form.

### **How to do a plank:**

- Get into the top of the pushup position with your shoulders directly over your hands and your hips in line with your knees.
- Engage your abs, shoulders, back, and glutes as you straighten your legs to be in alignment with your back.
- Think of your body like a stiff board or plank.

Begin by holding the plank for 15-20 seconds then gradually increase the amount of time.

### **Variations:**

- Extend your arms forward
- Side planks
- Mountain Climbers

### **Adjustments:**

- Change your points of contact by lifting one leg or arm.
- Place your feet on a raised surface such as a bench.

### **Your Next Step**

Begin doing the Core-Four exercises: pushups, squats, lunges, and planks on your next walk.

Also, [Download the Fitness Walking and Bodyweight Exercises Supplemental Guide](#)

# Chapter 9: Using Your Surroundings to Modify the Exercises

Here is a list of exercises you can perform with the assistance of objects or conditions you may find available to you during your walk. These include park benches, steps, bleachers, rocks, tables, gates, or any other object you can imagine using.

Remember, the Core-Four exercises can be performed anywhere because they rely on your bodyweight alone. But during your walk, you may come across objects to use as props.

## **Objects:**

- Curb or step: calf raises, tricep dips
- Park bench or similar raised surface such as your car: pushups (raised your legs, or raise your upper body) shove offs, seated dips, tricep dips, Split Squat trail leg on a raised surface
- Swing set or similar raised bar: pull ups, chin ups, dead hangs, Hanging leg raises
- Wall: Wall squats,
- A soccer ball or basketball: pushups with one hand on the ball
- Street sign: Sign pull- Hold a sign then lean back as if trying to sit then pull yourself up: lats, biceps, forearms, rear deltoids.
- Bleachers: calf raises, tricep dips, pushups (raised your legs, or raise your upper body) shove offs, seated dips, tricep dips, Split Squat trail leg on a raised surface
- Low wall or fence: shove offs

- Gate: Inverted rows from a gate or low bar and change point of contact -lift leg
- Large rocks: shove offs

### **Your Next Step**

On your next walk, look for various object to use as props for your bodyweight fitness exercises.

**Did you [Download the Fitness Walking and Bodyweight Exercises Supplemental Guide?](#)**

# Chapter 10: More Bodyweight Fitness Exercises

Here is a list of other bodyweight exercises to incorporate into your fitness routine if you want to strengthen specific parts of your body. Use these exercises to complement the Core-Four

See my notes

## **Upper Body**

Dive Bombers: pectorals, triceps, deltoids, core

Arm Rotation: shoulders

Down Dog Press: shoulders, triceps

## **Core**

Mountain Climbers: abs, core stability, shoulders

Standing Knee Raises: abs

Bird Dogs: core, hips, and back muscles

Crunches: upper abs

Flutter Kicks: lower abs, hip flexors

Bicycles: overall abs, intercostals and obliques

Reverse Bridge: core stability and glutes

## **Back**

Good mornings: glutes, hamstrings, lower back

Superman's: glutes, lower back

## **Lower Body**

Standing Side Leg Lift: outer thighs, hip abductors, gluteus medius and minimus

Side Jumps: quadriceps, hamstrings, glutes, hip flexors, calves

Superman's: glutes, lower back

Standing Leg Curls: glutes, hamstrings



Pelvic Thrust: hips, hamstrings, glutes – a great exercise if you suffer from pelvic back pain.

One-Legged Dead Lifts: hamstrings, lower back, balance

### **Whole Body Exercises**

Burpees: pectorals, triceps, shoulders, core, lats, hip flexors, quadriceps, calves.

### **Your Next Step**

On your next walk, incorporate some or all the bodyweight exercises.

# Chapter 11: The Cool-Down and Benefits of Stretching

## The Benefits of Cooling Down

Your cool-down is the transition from activity to inactivity. A walking cool-down is when you walk at a slower pace for the last 5 minutes of your walk.

### Cool-Down Routine:

- Squats
- Lunges
- High Knees
- Calf Raises
- Ankle Circles
- Leg Swing (Hold a chair or wall for support)
- Pelvic Loop (Hip Circles)
- Arm Circles

The Cool-down routine is **the same** as the warm-up routine.

### Benefits of Stretching

Stretching is an important part of any walking or general fitness routine, but please remember that stretching for 99% of the population is just to get to the point of **moving freely and without discomfort**.

Everyone has different flexibility in his or her joints and muscles, so if you can't replicate the stretch that an Olympic gymnast can do, that's quite all right; very few people can.

Just focus on feeling comfortable and loose. If you've just begun working out this may take a while, that's OK, it will come with consistency.

Stretching helps maintain flexibility, which is how far you can comfortably move your joints. Without stretching, your

tendons shorten and tighten. Flexibility is key to good walking posture.

Good flexibility makes your moves more graceful, free, and fluid. Flexibility can correct muscle imbalance.

### **Walking for Health and Fitness Rules for Stretching:**

- Hold each stretch for a slow count of 20-30.
- As you hold, take at least two deep breaths.
- Stretch **AFTER** your walk as your muscles will be pliable and more receptive to stretching.
- Focus on the muscle you are stretching and how it feels.
- Stretching should **NEVER** cause pain.
- Stretch to the point of mild tension.
- Always stretch after every walk.
- Pay special attention to muscles that feel tight.

### **Stretches Post Workout:**

#### **Neck Stretch**

Slowly rotate your head to the left then the right several times. Next, slowly drop your chin down and then lift your head up and back. Do this several times.

#### **Shoulder Stretch**

Extend your right arm out in front of you then use your left hand to grab the outer part of the right elbow and slowly pull it across your body. Repeat several times then switch arms.

#### **Chest Expansion**

Clasp your hands behind you back, head up, chest out, slowly move your hands away from your back. Hold for 20-30 seconds. You will feel a stretch across the chest.

#### **Lower Back Stretch- Standing (hyperextension)**

Place your hands on your lower back and slowly arch your back as you look up towards the sky. Doing this stretch

throughout the day will help alleviate back tension and prevent lower back tightness which leads to back issues.

### **Lower Back Stretch – on the floor (hyperextension)**

Begin on the floor in the pushup position then slowly pick your upper body off the floor. When beginning this movement start slow. You will gradually increase your range of motion as you perform this stretch over time.

### **Hamstring Stretch 1**

Place your right foot on a raised object such as a chair. Lean forward with your chest, while placing hands on your thigh. **Do not** “round the back”. Hold 20-30 seconds. Perform this stretch several times on each leg.

### **Hamstring Stretch 2**

Lay down on your back and gently extend your right leg up, hold and bring back down. Repeat several times for each leg. For an added range of motion, grab hold behind your extended knee and gently pull it towards you.

### **Quadriceps Stretch**

Pull your heel towards your butt, then slide the knee back slightly.

### **Calf Stretch 1**

Step forward and keep the back foot heel firmly planted on the ground. Slow lean more forward and feel a stretch in the back leg calf.

### **Calf Stretch 2**

Begin stretching the same as Calf stretch 1, then bend the knee to give a stretch to the muscles of your shin and lower part of the calf.

### **Cat Stretch**

From your hands and knees, round your back and drop your head and chin down. Breathe and hold the stretch 20-30 seconds. Then, arch your back and feel the stretch and hold for 20-30 seconds.

## **Kneeling Hip Flexor Stretch**

The hip flexor is in the front of the thigh. Kneel on one knee and lean back and hold for 20-30 seconds. Repeat on the opposite leg.

## **Butterfly**

Stretches the groin muscles. While seated on the floor, wedge your elbows against your knees and push down gently then lean forward slightly.

## **Figure 4 (sitting)**

Stretches the piriformis muscle which is a small muscle located deep in the buttock. If you have tightness in your either butt cheek then perform this stretch after your walk to relieve this tension.

## **Figure 4 (advanced)**

Lay on your back with your feet flat on the floor. Put your right leg across your body and rest it on your left knee. Reach behind the left knee and gently pull towards you to feel the stretch in your butt.

## **Your Next Step:**

Develop a stretching routine that you will perform after every walk and cool-down.

**[Download the Fitness Walking and Bodyweight Exercises Supplemental Guide](#) for images of the cool-down.**

# Chapter 12: Sample Fitness Walking Routine

I like that when I'm out walking, there is no set routine to follow. I pick a destination and walk. When I'm fitness walking, I add structure to the workout. I do the Core-Four, then decide on the number of sets and reps for each, and if I want to add any additional bodyweight exercises to the routine. I choose a time frame which is usually 32-minutes, then I'm off.

## **Here is my go-to routine:**

After I do the warmup movements, I set my watch timer for 32-minutes then begin walking. Every 4 minutes do 1 set of one of the Core-Four bodyweight exercises.

### **Routine #1:**

Walk 4-minutes then complete a set of pushups.

Walk until the 8-minute mark and complete a set of squats.

Walk until the 12-minute mark and complete a set of lunges.

Walk until the 16-minute mark and complete a set of shoulder planks.

Repeat the series then do a cool-down or, continue walking and doing other fitness movements working various body parts.

### **Routine #2:**

Walk 4-minutes then complete 1 super-set of each movement (do several reps of each in succession: pushups, squats, lunges, planks).

Continue walking for 4 minutes then complete another round of the super-sets.

Do this for 32-minutes then a cool-down or continue walking.

For each routine you can adjust the time frame, the number of reps and sets, and the type of bodyweight exercises you want to do. The beauty of fitness walking is that you are in control of the routine. You quickly transition from one to the other. Experiment and see how you feel!

**Options:** You are limited only by your imagination. Try different exercises, in different orders, walking in different locations. Always complete the Core-Four exercises and add other bodyweight exercises to the workout. Find new places where doing the exercises are convenient and safe.

### **Your Next Step**

Begin by completing routines #1 & #2 on your next two walks. Then begin to experiment with other exercises to add to the routine but always keep doing the Core-Four. At first, you may be drained after a workout. That's a good thing! Drink plenty of water, rest, and enjoy good nutrition and this feeling will fade away the more you do a fitness walk. Write down what you do to keep track of your progress. It's always motivating when you do more reps and sets than the last time you fitness walked.

# Chapter 13: Tracking Your Progress

## **Benefits of Logging and Tracking Your Strength Workout**

Strength workouts supplement your walks and have incredible benefits that will make you a better walker.

Log your workouts by noting how many pushups, squats, lunges, and planks you can do comfortably, and go from there. Are you able to add on two more pushups after a week? Plank for 10 or 20 more seconds?

Regularly tracking your workout progress is a must for several reasons:

- Makes it more likely to reach and surpass your goal.
- Allows you to be more efficient with your time and workouts.
- Lends accountability to yourself and your goals.
- Allows for easier modifications and shows when and where changes need to be made.
- Can be motivating and reinforcing to remind you why you are doing what you are doing.
- Helps to drive the focus and direction of your Fitness program.
- Keeps you committed to your plan.
- You see your progress!

### ***Your Next Step:***

As you develop your strength training routine, keep a log of your progress. Keep the routine simple at first then, as you get stronger, just add more elements to your routine.



# Chapter 14: More Benefits of Walking

**Walking as little as 30-minutes a day at a comfortable pace has been shown to:**

- Reduce the risks of heart disease
- Increase stamina
- Improve overall health
- Reduce stress
- Improve self-esteem and mood

Think of the recent push to walk 10,000 steps per day. Pleasure walking has great benefits so, don't miss out on them! When you are pleasure walking, you can generally walk a mile between 17-24 minutes.

Pleasure walking is a good beginner level, which will build stamina and strength. The focus of this level is your long-term health and improved quality of life.

## **How Much Should You Walk?**

The key will be to focus on consistency rather than intensity. I recommend 30 to 60 minutes of walking per day on most days of the week.

You don't have to do the walks all at one time. Several mini-walks are just as effective as one long walk.

## **Ideas to get in more walking time:**

- Walk in the morning, at lunchtime, and dinnertime for at least 10 minutes or more.
- Walk to a local destination instead of driving.
- Park your car a few blocks from your job or other destination.
- Window-shop at the mall.
- Schedule 20-30 minute sessions on a treadmill if you have access on one.

## **How-to Determine Intensity**

Remember, my goal here is to get you out and walking; you don't need to know these numbers to enjoy walking, but knowledge is power so with that said, let's see how you can measure intensity.

Pleasure walking should feel like a 3-5 on this scale. Only you can determine your rate of perceived exertion.

## **Talk Test**

An excellent gauge of walking intensity is how difficult it is to carry on a conversation. When pleasure walking, you should be able to carry on a reasonable conversation while walking.

**Walking Form: Keep these in mind as you begin to walk:**

- Head up and centered
- Shoulders back
- Chest naturally lifted
- Arms low and slightly bent
- Hands loosely cupped
- Abdominals: belly button pulled towards the spine
- Hips loose and natural
- Thighs: natural movement; a link between your hips and lower leg
- Feet: heels strike the ground first
- Breathing and heart rate – Keep breathing smoothly, deeply, and regularly. When breathing in relaxed manner your heart will beat steadily and rhythmically

## **High-Intensity Walking**

In a word... fast! High-intensity walking takes fitness walking to the next level. It incorporates all the benefits of fitness walking and supercharges the number of calories you burn.

You will be pumping your arms more, exaggerating the hip swing, and your walking form will be as if you are on a high wire.

Talking during high-intensity will be severely limited.

## **Characteristics of High-Intensity Walking**

- Faster pace, talking is difficult
- Covering 1 mile between 10-13 minutes

## **Health Benefits**

- Increase in muscle tone
- Improved athletic performance
- Cardio workout
- Greater calorie burn (1.5-2 times as many as fitness walking)

## **When Should You Begin High-Intensity Walking?**

**Remember:** The Walking for Health and Fitness Program is all about you getting the greatest benefit from your walk.

- Advancing to this level is not required to maintain great health and fitness.
- Please proceed with caution when transitioning to high-intensity walking.
- You have been doing fitness walks (14-16 minutes per mile) for at least 4-6 weeks.
- You can walk a mile in less than 15:30.

**Caution:** If you currently walk a mile in 18 minutes, then to suddenly try to walk one in 13 minutes is going to be very difficult and will lead to injury... this is the exact opposite of what I want for you.

## **How to Transition into High-Intensity Walking**

Here is an excellent way to transition into high-intensity walking:

You have completed the warm-up routine and walked for at least 5 minutes to get the muscles warm.

You can break this up in any way you'd like, here is a good way to start:

- Within a fitness walk, pick up the pace to high-intensity for 3 minute, slow down for 3, pick it up again for 2 minutes, slow down for 2, then pick it up again for 3 minutes and continue this pattern for 23 minutes.

- How fast you walk is subjective. On a scale of 1-10, you should feel like you are walking an 8+ intensity.
- This would give you 15 minutes of high-intensity walking!

### **Reminder:**

Gradually build up to longer intensity walks.

- Begin with 1 day in which you fitness walk. Again, a fitness walk is considered to be 14-16 minutes to cover a mile.
- One day will eventually become two days, then three days... etc.
- As with fitness walking, it doesn't have to be done all at one time.

### **How Much Should You Do?**

- High-intensity walking should be used as a “hard day” activity, not an everyday type of walk.
- At this level of fitness, use common sense to determine how often you should do a high-intensity walk.
- Your personal goals for health and fitness will determine how much you should do.

### **Determining Intensity**

- Intensity is the major factor for High-Intensity walking.
- You will track intensity via: Perceived exertion. Aim for 8-10 on the scale (again, this is your perceived exertion, so only you can determine this).
- Talk test: You should barely be able to speak. If you can make small talk...pick up the pace! If you can't speak at all...slow it down!

### **Walking Form:**

- Caution: Do not lengthen your stride!
- The secret is to take more steps per minute.

- Imagine you are walking on a tightrope, one leg directly in front of the other.
- Focus on your feet following your arms; focus on matching your stride to your arms movements...the quicker the arms swing, the quicker your legs will move.

### **The form is different from fitness walking.**

- The hips will feel somewhat uncomfortable and the stride will feel “forced.”
- You may need a few walks to get to feel comfortable.
- Concentrate more on form rather than speed when you begin to transition to high intensity walking. If your form is good, the speed will follow.

### **How to Practice Techniques for High-Intensity Walking**

- **Forward lean:** Exaggerate the lean forward and back as you walk. Now just slight lean forward as you walk to get the feel. Gradually speed up.
- **Back and Abdomen:** Don't stick out your butt.
- **Shoulders and Arms:** Think of your spine as a pole with your body rotating around it. Arms should not swing side to side, just straight back and forth.
- **Hip Action:** Hips must be flexible to properly move. Concentrate on back and forth instead of side to side hip movement.
- **Thigh Action:** Don't over stride.
- **Foot and Ankle action:** Focus on toes forward and landing on your heel.

## SECTION III

### Getting Fitter

**Chapter 15: Taking More STEPS to Supercharge Your Walking:** New research has revealed that average walking speed is a useful indicator of life expectancy.

**Chapter 16: Walking and the Transformational Process:** Begin the physical and mental transformation.

**Chapter 17: The Power of Your Breath:** Your breath, more specifically your breathing, is a powerful weapon in your healthcare arsenal.

**Chapter 18: The Benefits of Affirmations: Developing a Positive Mindset:** You're awesome! But sometimes life has a way of causing you to forget this.

**Chapter 19: Staying Motivated:** You need to find that one thing to inspire you to walk.

**Chapter 20: How Physical Activity Improves Brain Power:** Exercise releases hormones that provide an excellent environment for the growth of brain cells

**Chapter 21: Exercise and Sexual Health:** When you think about it, exercise increases heart rate, breathing, and muscle activity. Exercise mimics the sex act!

**Chapter 22: Water, Water, Water!** Drinking more water will have an immediate positive impact on your life.

**Chapter 23: Sleep: Nature's Nurse:** Do you want to spend more time in bed?

# Chapter 15: Taking More STEPS to Supercharge Your Walking

Do you want to live longer? Enjoy a healthier and more productive life? Save money and feel better than you have in your entire life?

New research has revealed that average walking speed is a useful indicator of life expectancy and as you'll learn, there are five specific steps you can take to increase your average walking speed.

## **AVERAGE WALKING SPEED PREDICTS LIFE EXPECTANCY OF OLDER ADULTS**

Average walking speed is a powerful indicator of vitality. Average walking speed studies shows that an older person's pace, along with their age and gender, can predict their life expectancy just as well as the complex battery of other health indicators such as blood pressure, body mass index, chronic conditions, and smoking history.

The analysis published in JAMA, The Journal of the American Medical Association, found that average walking speed turned out to be a consistent predictor of survival length across age, race, and height categories, but it was especially useful in zeroing in on life expectancy for those who still live and get around independently and for those older than 75 years of age.

Based on these studies, it's important to track your average walking speed over time. By tracking your average walking speed, you will be more aware of hidden health problems if you suddenly start to slow down your pace.

If you feel well, yet you've slowed down, then there may be an underlying problem.

The quicker you get it resolved, the less time consuming and expensive the treatment will be.



## **How far can you walk in 10 minutes? Time/Distance Measurement.**

- Start your watch, begin walking, stop at the 10 minute and note where you have stopped
- Begin to establish your walking and bodyweight exercise routine
- Be consistent
- Time yourself over the same route once per month.
- You will be pleasantly surprised each time you complete this exercise!

[Download the Fitness Walking and Bodyweight Exercise Supplement](#) and enter your walking speed into the log.

### **Increase Life Expectancy**

Average walking speed is a powerful indicator of life expectancy.

Older adults that were able to walk 2.25 miles per hour or faster consistently lived longer than others within their age group.

Very simply put, a person's capacity to move strongly reflects their health and vitality.

The average walking speed for a person with the typical life expectancy was 1.8 mph for most older age groups and sexes.

For people over 75 years of age, average walking speed could be considered as important a vital sign as blood pressure and heart rate.

“The way we walk and how quickly we walk depends on our energy, movement control, and coordination which, in turn, requires the proper functioning of multiple body systems including the cardiovascular, nervous and musculoskeletal systems” that's according to Dr. Stephanie Studenski, a professor of medicine at the University of Pittsburgh. “Because of this, researchers have associated walking speed with health in the past.”

## **HOW TO INCREASE AVERAGE WALKING SPEED: THINK MORE “S.T.E.P.S”!**

Having this simple mental device will remind you of what you need to get moving quicker with just a little practice. On your next walk keep “**STEPS**” in mind as you take each step.

### **S= Shorter quicker strides**

Turnover rate is the key to quicker walking. The more steps you take per minute, the quicker you will walk. Think of a car’s piston pumping up and down quickly. You may think that a longer stride would help you walk faster but this is not the case. Increasing your stride puts your legs in an outstretched position which acts as a break. If you walk with music playing, choose songs with different beats per minute then match your steps to the beat. Shorter is better.

### **T= Toes propel you forward**

Push off of the toes of your back foot, which propels you forward for your next step.

### **E= Engage your core and glutes**

Squeeze your glutes and engage your core to support your spine. Strong core muscles; the abdominal muscles, back muscles, and your butt muscles or gluteus maximus are essential to keeping your balance and walking well

### **P= Posture**

Keep your body straight and your head up. This expands the chest cavity and increases your oxygen intake by more than 30 percent. Also, keep your eyes up ahead to help quicken your pace. Use your peripheral vision to watch where your feet will plant on the ground.

### **S= Swing your arms quickly**

An easy way to quicken your walking speed is to quicken the speed at which your arms swing back and forth. If you focus on your arms, your legs will naturally follow without the urge to lengthen your stride. Keep your arms bent and swing

them back and forth in a quick and compact motion to increase momentum. Your shoulders should be relaxed and down.

During each walk, keep STEPS in mind. Pick a point in the distance and consciously apply the **STEPS** in reaching the point. Keep your focus on each of the 5 aspects of **STEPS**. Eventually, as your body adjusts to the quicker pace, you will just naturally move faster and with more “pep in your step!”

## **WHY YOU SHOULD “STEP UP” YOUR AVERAGE WALKING SPEED**

### **Don’t become a statistic**

According to a study published in the Journal of the American Heart Association, and a study published in The Lancet concluded a person that exercises five times per week paid \$2,500 less in annual health care expenses related to heart disease than someone who did not walk or otherwise move for 30 minutes per day five times per week!

Doctor’s visits, prescriptions, lost time at work and the lost quality of life due to preventable illness all add up to a significant sum of time and money.

Look at your time and effort spent walking as **an investment in yourself**. What could be better than that! Your health, happiness, and life depend on it!

### **COST OF HEART DISEASE:**

Together, heart disease and stroke are among the most widespread and costly health problems facing the nation today. On a personal level, families who experience heart disease or stroke have to deal with not only medical bills but also lost wages and the real potential of a decreased standard of living.

Heart disease and stroke cost the nation an estimated \$316.6 billion in health care costs and lost productivity in 2016. Approximately 1.5 million heart attacks and strokes occur every year in the United States.

More than 800,000 people in the United States die from cardiovascular disease each year—that’s 1 in every 3 deaths, and about 160,000 of them occur in people under age 65.

Heart disease kills roughly the same number of people in the United States each year as cancer, lower respiratory diseases (including pneumonia), and accidents combined.

Cardiovascular disease is largely **preventable!**

### **COST OF CANCER**

For patients and their families, the costs associated with direct cancer care are staggering. In 2014 cancer patients paid nearly \$4 billion out-of-pocket for cancer treatments. Cancer also represents a significant proportion of total U.S. health care spending.

Roughly \$87.8 billion was spent in 2014 in the U.S. on cancer-related health care. Employers, insurance companies, and taxpayer-funded public programs like Medicare and Medicaid, as well as cancer patients and their families, paid these costs.

### **COST OF DIABETES:**

People with diagnosed diabetes incur average medical expenditures of about \$13,700 per year, of which about \$7,900 is attributed to diabetes.

People with diagnosed diabetes, on average, have medical expenditures approximately 2.3 times higher than what expenditures would be in the absence of diabetes.

### **COST OF BEING OVERWEIGHT**

Overweight and obesity are known to increase blood pressure. High blood pressure is the leading cause of strokes. Excess weight also increases your chances of developing other problems linked to strokes, including high cholesterol, high blood sugar, and heart disease.

Obesity is one of the biggest drivers of preventable chronic diseases and healthcare costs in the United States. Currently, estimates for these costs range from \$147 billion to nearly \$210 billion per year. Also, obesity is associated with job absenteeism, costing approximately \$4.3 billion annually. Obesity causes lower productivity while at work, costing employers \$506 per obese worker per year.

## **HEALTH CARE COSTS STEADILY INCREASE WITH BODY MASS**

Obesity-related illnesses are expensive. According to a study published in the journal *Obesity*, health care costs increase in parallel with body mass measurements, even beginning at a recommended healthy weight.

The researchers found that costs associated with medical and drug claims rose gradually with each unit increase in body mass index (BMI). Notably, these increases began above a BMI of 19, which falls in the lower range of the healthy BMI category.

“Our findings suggest that excess fat is detrimental at any level,” said lead author Truls Østbye, M.D., Ph.D., professor of community and family medicine at Duke and professor of health services and systems research at the Duke-National University of Singapore.

### **COST OF BACK PAIN**

Low back pain (LBP) has a major economic impact in the United States, with total costs related to this condition exceeding \$100 billion per year according to the *Journal of the American Osteopathic Association*

An analysis by the *Journal of the American Medical Association* (JAMA) on United States health care spending, revealed that low back and neck pain accounted for the third highest amount of spending at \$87.6 billion (US Spending on Personal Health Care and Public Health, 1996-2013 - December 27, 2016).

### **COST OF BACK PAIN AND RELATED ISSUES**

The cost of treatment for patients with low back pain (LBP) has a major economic impact worldwide. In the United States, patients with musculoskeletal conditions incur total annual medical care costs of approximately \$240 billion, of which \$77 billion is related to musculoskeletal conditions.

### **HOW WALKING BENEFITS BACK PAIN SUFFERERS**

Walking is a much lower impact activity than running. Most back pain is relieved with walking and you can enjoy other great benefits as well. By adopting a regular walking routine you will strengthen your hips, legs, ankles, and feet as well as your core. This helps to provide better stability for your spine. It also helps to increase circulation in the spinal structures, draining toxins, and pumping nutrients into the surrounding soft tissues.

Pain often restricts mobility. Walking helps to improve range of motion and flexibility. You will find that your posture improves as well as your mood. A stronger body and increased flexibility help to prevent injury.

Walking at least three times a week for at least 30 minutes is great for overall wellness and a strong body. Combine it with a healthy diet and stress relief techniques and you will look, feel, and move better – and your pain will be easier to manage.

### **COST OF ARTHRITIS**

The total costs for arthritis in the U.S. may exceed 2% of the country's gross domestic product!

Arthritis is the leading cause of disability in the United States, limiting everyday activities for more than 7 million Americans. In many cases, arthritis deprives individuals of their independence and disrupts the lives of family members and other caregivers.

Besides, disabilities from arthritis create enormous costs for individuals, their families, and the nation. Each year, arthritis results in 44 million outpatient visits and almost three-quarters of a million hospitalizations.

Estimated medical care costs for people with arthritis are \$15 billion annually, and total costs (medical care and lost productivity) are estimated at almost \$65 billion annually.

Walking helps ease the effects of arthritis as it increases strength and flexibility, reduces joint pain, and helps combat fatigue.

## **COST OF ALZHEIMER'S AND OTHER DEMENTIAS**

In 2017 the cost to the nation was \$259 billion. 35% of caregivers for people with Alzheimer's and other dementia reported that their health has gotten worse due to the responsibilities of providing care.

Please take note, **1 in 3 senior's dies with Alzheimer's or other dementia.**

Regular physical activity has many benefits for people with Alzheimer's disease. Exercise helps keep muscles, joints, and the heart in good shape. It also helps people stay at a healthy weight and improves sleep.

If the Walking for Health and Fitness program saves you from having to make just one trip to the doctor this year it will more than pay back the cost of the eBook and the related Walking for Health and Fitness Complete Program.

Let me repeat that... if the Walking for Health and Fitness program saves you from having to make just one trip to the doctor this year it will more than pay back the cost of this program!

### **A QUICK WALKING BENEFITS REVIEW**

There's no question that walking is good for you. Walking is an aerobic exercise, which stimulates and strengthens the heart and lungs, thereby improving the body's utilization of oxygen. Walking for 2.5 hours a week—that's just 21 minutes a day—can cut your risk of heart disease by 30%.

Also, this do-anywhere, no-equipment-required activity has been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and keep you mentally sharp. In fact, according to some estimates, walking regularly could save Americans over \$100 billion a year in health care costs.

Even a quick one-minute jaunt pays off. A University of Utah study in 2014 found that for every minute of brisk walking that women did throughout the day, they lowered their risk of obesity by 5%. No more "I don't have time" excuses!

You must decide right now not to become a statistic. You have it within yourself to take control of your health!

Begin walking, walk for a longer period, add bodyweight exercises, and gradually increase your average walking speed over time. Do not waste another second in ill health.

### **Your Next Step**

Take a break from reading and get out and walk somewhere right now! A simple stroll around the block will get you moving in the right direction. Don't become a statistic.

### **Take More "STEPS" to increase your average walking speed**

- Shorter stride
- Toes propel you forward
- Engage your core and glutes
- Posture is upright
- Swing your arms quicker

Begin walking! It's that simple. Go outside, and put one foot in front of the other. If you can only walk to the end of your block, great! You've made a start to a healthier you.

Tomorrow, try to walk at least 1 step further than today. Going forward you just have to keep the same mindset...I'll walk at least 1 step further than yesterday.

You can also aim for a set number of minutes. Start out walking for 5 minutes. The next day aim for 7 minutes. You get the idea.

Read More at my very first blog post: [Walking for Health and Fitness](#)



# Chapter 16: Walking and the Transformational Process

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

**The first transformation will be physical** as you will begin to feel good! It will begin slowly at first than rather quickly; your body will begin to “**feel good!**” You will 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.

**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 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.

## **Start Right Now**

Get out and begin walking today! I can’t explain it other than when I’m out walking I see the problem differently and the solutions come quickly. As through some mystic process, most times the solution comes to me near the very end of my walk!

# Chapter 17: The Power of Your Breath

Your breath, more specifically your breathing, is a powerful weapon in your healthcare arsenal. Far too many people zone out in front of the TV after a stressful day as a way to “relax”, but this will not activate the body’s *Natural Relaxation Response*.

You might think, “Frank, isn’t sitting, resting, and watching a ball game a way to relieve stress? It’s what I always do.” Well, the quick answer is it might help but in fact, what you need to do is activate your body’s *Natural Relaxation Response*.

Don’t be fooled by the term “relaxation” as it has a different meaning in this case. The *Relaxation Response* is a physical state of deep rest that changes the physical and emotional responses to stress leading to decreased heart rate, reduced blood pressure, slower rate of breathing, and an easing of muscle tension.

You trigger the relaxation response by abdominal breathing for 20-30 minutes per day. Yes, you can lay down in front of your TV and do the deep breathing exercises, or you can supercharge your deep breathing by fitness walking.

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

I will show you how proper breathing while walking will help you gain the full benefits of walking. To breathe properly, you need to breathe deeply into your abdomen, not just your chest. Breathing exercises should be deep, slow, rhythmic, and in through the nose, out through the mouth. The most important part of deep breathing is to regulate your breaths.

I use an odd number pattern to my breathing routine.

**Odd Number Breathing Pattern:**

- Begin by **inhaling** through your nose thereby **expanding the belly** for **4 steps**
- Then, **exhale** through your mouth, for **3 steps** (pulling you abs in)
- Repeat the cycle **4 in, 3 out**
- The cycle is a **7 steps** (an odd number).
- Adjust the pattern as you see fit, but always use an odd number with the inhale 1 step 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 steps; 3 steps inhale, 2 steps exhale.

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

**Example:**

**First step (left foot)** breathe in

Second step (right foot) breathe in

Third step (left foot) breathe in

Forth step (right foot) breathe in

Fifth step (left foot) breathe OUT

Sixth step (right foot) breathe OUT

Seventh step (left foot) breathe OUT

**Repeat the cycle.** Notice that the first step changes to start on your right foot!

**First step (Right foot)** breathe in

Second step (left foot) breathe in

Third step (right foot) breathe in

And so on, and so on...

As you can see, by walking you are **RELAXING!**

**Benefits of walking to activate the Relaxation Response:**

- Metabolism decreases
- Slower heart beat
- Muscle relaxation
- Slower breathing
- Increases levels of nitric oxide which is a vasodilator, meaning it relaxes the inner muscles of your blood vessels causing them to widen. This increases blood flow and lowers blood pressure.

When you can't walk, schedule your deep breathing exercise just as you would schedule important business appointments. Set aside a minimum of two 5-minute segments of time every day to just sit and deep breathe using the **Odd Number Breathing Pattern**.

***Your Next Step:***

Begin using the **Odd Number Breathing Pattern** on your next walk. Start slowly and do it for a few minutes at a time several times throughout your walk.

As you gain walking experience, you will find yourself effortlessly slipping into this breathing pattern. Also, set aside time each day to sit and do the deep breathing exercises.

# Chapter 18: The Benefits of Affirmations: Developing a Positive Mindset

## **Why Affirmations Work**

You're awesome!

But sometimes life has a way of causing you to forget this. Work, family commitments, and all the running around we do each day; sometimes you get taken for granted. Not here and not by me.

So, let me repeat, You're Awesome! But you don't need me telling you that, you need to tell yourself that.

## **Exercise and Affirmations**

Developing a positive mindset is one of the most powerful and transformative habits you can include in your daily routine. Listening to affirmations while you are walking will supercharge the effects of the affirmations.

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.

It's an essential part of your overall health and well-being, and one that we will work on together to transform your life and fill you with new passion, energy, and joy!

Developing a positive mindset is an important element of your life success.

Affirmations are simply positive statements that describe a desired situation. "I am healthy, happy, and radiant!" is an example. It's a positive statement that describes your desire to be a healthy, happy, and radiant person.

Positive affirmations help your internal dialog to create a new vision you have of yourself and your life. Affirmations are repeated several times so the subconscious mind can spring

into action. Repetition is the key to reinforcing the learning and embedding the new thought into your mind.

Accomplished people in all walks of life use affirmations along with other powerful positive thinking techniques to help them achieve their goals. The mind and its thoughts are a powerful force that, when used positively, can help you achieve whatever you set out to accomplish.

Your subconscious mind accepts as true whatever you say to yourself. Whether you think you can do something or not, you are correct!

The words you tell yourself work to create or destroy your dreams. Many times, we're not even fully aware of the words and statements that play in our minds or the impact they're having on what we wish to create.

Your subconscious mind accepts as true whatever you say to yourself.

### **Positive affirmations work to program your mind:**

- Affirmations keep your mind focused and influence and activate the power of your subconscious mind.
- Affirmations are positive statements which help you change the way you think and act.
- Affirmations make you feel more positive and energized. They help you to reflect your true nature.

You can use positive affirmations to your advantage due to the repetition which helps focus your mind and creates corresponding thoughts or images in your mind.

Your subconscious mind accepts the thought or image as being true and will continue to nurture and grow this thought.

Listening to positive affirmations consciously and intently will help you to transform your habits, your behaviors, your attitude and have a dramatic effect on your quality of life.

In my [Mindful Walking Exercise Program](#), the 30-minute audio track; Mindful Walking Exercise Session 1: With Affirmations, Positive Messages, and Breathing Reminders was designed to get you moving with its upbeat music, then to

focus your mind on the positive affirmations spoken over the music.

The combination of positive statements and reminders to breathe as you walk will turn the 30-minute walk into a calming, almost meditative experience. You will feel refreshed and ready to face any challenge that comes your way.

Results from listening to the affirmations will vary depending on several factors such as the amount of time, focus, faith, and energy you invest in listening to the audio track.

Focus on the positive feeling you get while walking and listening. You will soon begin to notice a shift in your energy levels and experience generally good feelings.

### **Improve Your Mind-Body Connection**

You have an extraordinary mind. As the poet John Milton writes in *Paradise Lost*, “The mind is its own place, and in itself can make a heaven of hell and a hell of heaven.”

The act of walking makes you more productive. Exercise improves cognition in two ways:

- Exercise increases oxygen flow into the brain.
- Exercise reduces brain-bound free radicals.

One of the most interesting findings of the past few decades is that an increase in oxygen is always accompanied by an uptick in mental sharpness. Exercise acts directly on the molecular machinery of the brain itself. It increases neurons’ creation, survival, and resistance to damage and stress.

### **Walking Meditation**

Walking, combined with mindful breathing, is by far the most practical and easy to implement method of walking meditation.

It has the added benefit of providing exercise for mind and body at the same time!

- Begin by moving slowly, to find a rhythm to your movements and breathing.
- After you hit that sweet spot where movement and breath get into sync, you can move at any pace you want and walk as long as you like.
- Practice the 4-3 Breathing pattern.
- Inhale for 4 steps, exhale for 3 steps.

The goal is not to make it an effort, but to make it effortless and mindless... meaning that your mind is focused only on the activity itself and not the rest of your day, your problems, your work, or your to-do list.

The goal is to be fully present in the activity of rhythmic movement and breathing.

**Your Next Step:**

Check out the [Mindful Walking Exercise Program](#) from Walking for Health and Fitness.

You will be transformed as the messages remind you of just how special you are.



# Chapter 19: Staying Motivated

The definition of motivation is the reason you have for acting or behaving in a particular way.

You need to find that one thing to inspire you to walk. Here are several suggestions to help keep you moving. Of course, your reason for walking may not be on this list and that's just great as long as you have a reason, any reason to keep moving!

- Soak up the sunshine
- Aches and pains can't catch you
- 1,000 extra steps a day help you lose weight
- Tracking your steps and mileage is exciting
- Changing your walking routes changes your calorie burn
- Walking every day is powerful medicine: Walking improves brain function, immune function, bone health, breast health, mood, and heart health
- 15-minutes a day = more energy
- Easy to tone while on the road – add one or more of the following bodyweight fitness movements and you add metabolism-boosting power to your next walk. Pushups, lunges, squats
- Deeper connection to others
- Greater confidence

## **Have a Goal**

Goals give us purpose! These seven steps will help you to set and achieve your goals!

1. Decide exactly what you want in terms of health and fitness
2. Write down your goals and make them measurable

3. Set a deadline
4. Identify all the obstacles that you will have to overcome to achieve your goals
5. Determine the additional knowledge and skills that you will require to achieve your goals
6. Determine those people whose help and cooperation you will require to achieve your goals
7. Make a list of all your answers to the above, and organize them by sequence and priority

By following these seven steps, you can accomplish any goal that you set for yourself.

If you have not set your goal yet, then reread the above steps and get started on the road to successful walking!

**“Goals allow you to control the direction of change in your favor”**

**~Brian Tracy, author & business leader**

### **Write It Down**

Add as much information as you need to “paint” a complete picture of your walking. I’m constantly added elements to my mileage worksheet.

Sign up for more information *about [The Walking\\_for Health and Fitness Complete Program](#)* Included in the program is the Walking and *Fitness Daily Journal*.

*Fill this out each day to monitor your progress. It’s a great feeling when you look back 6-months from now and see, in writing, how far you’ve come as a walker.*

*The Journal will keep you honest. Having a blank entry will get you moving.*

### **10 Ways to Stay Motivated**

1. Create Vision Board: This will help you visualize your intended results and allow you to see your ideal future! As you create the vision board, your creativity will begin to shine through and fire up your imagination as you create your future

2. Break your goals down into smaller pieces: “Chunk it down”
3. Treat yourself whenever you have achieved these smaller pieces
4. Share your walking goals with supportive people
5. Keep yourself organized by having a walking routine
6. Keep the big picture in mind
7. Don't worry about what you can't control
8. Seek out positive information
9. Remind yourself why you set your goals
10. Be consistent

**Your Next Step:**

Incorporate some or all of the 10 ways to stay motivated into your walking routine.

Watch my YouTube Video Series: [Keys to Staying Motivated](#)

# Chapter 20: How Physical Exercise Improves Brain Power

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 also 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.

Lastly, 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.

## **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.

## **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.

Physical activity boost executive function (collection of abilities that help us plan ahead, reason, and solve complex problems). Exercise slows the natural decline in executive

function and aerobic exercise at a younger age can protect against this decline later in life.

Complex movement results in complex brain growth. Exercising as little as 30-minutes per day, 3 times per week improves executive function and brain performance!

### **Boost Memory Retention & Learning Capacity**

Exercise increases the size of the hippocampus which is involved in the formation of new memories and associated with learning and emotion. The brain literally grows each time you exercise

Studies have shown just walking 30-35 minutes increases cognitive flexibility which allows us to shift thinking and switch between topics. Physical activity leads to brain plasticity; the ability of our brain to grow and change.

### **Improved Movement & Coordination**

Exercise stimulates the cerebellum, the part of the brain that works to coordinate the body

The cerebellum is also linked to the prefrontal cortex where judgment and decision-making occur.

### **Intensifies Creativity & Imagination**

Exercise “lights up” the hippocampus during exercise which stimulates the imagination and encourages thoughts of future plans. The hippocampus is the root of creative and inspirational thinking.

Steve Jobs and many other creative types relied on walking to enhance their imaginations. Jobs’ walking meetings became part of his workday. In a recent study, a person walking - whether on a treadmill facing a blank wall or walking outside in fresh air produced twice as many creative responses compared to a person sitting down.

### **Encourages Mood Stability**

Scientists have encouraged exercise as a treatment for depression and anxiety-related disorders for years. Studies of daily yoga and meditation have shown shrinkage of the

amygdala, a deep-brain structure strongly linked to the processing of stress, fear, and anxiety.

A smaller amygdala means a lower rate of concern and worry and a heightened sense of calm allowing us to concentrate on the task at hand.

Exercise has been shown to be as effective as antidepressants for patients with major depressive disorders. The increase in serotonin production (happy mood neurotransmitters) during exercise is responsible for the alleviation of chronic depression. Exercise helps normalize sleep which is known to be protective of the brain.

### **Increase Alertness & Perception**

The brain contains 100 billion neurons which talk to each other to govern our every thought and action. Neurons talk to each other more efficiently when we are exercising. Physical activity turns on the switch that controls arousal and attention.

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.

### **Your Next Step**

Make a plan for your next several 30-minute walks. Write down where you'll do them. Check G-map pedometer, or other similar web based sites, to map out your walking route and distance. You'll find the link on the [resource page](#).

# Chapter 21: Exercise and Sexual Health

## **Benefits for Men**

Exercise is nature's Viagra and lowers your risk of erectile dysfunction. Sexual activity is a full-body exercise that involves your muscles, blood vessels, and nerves. When you think about it, exercise increases heart rate, breathing, and muscle activity. Exercise mimics the sex act!

Physical activity increases circulation and blood flow which are two factors involved in the sexual response. As you exercise and improve cardiovascular function your blood flows more easily to the genitals, which is good for sexual arousal.

By doing bodyweight exercises and strength training, you will increase your libido, reduce stress, and improve your overall body image. Bodyweight exercises will increase your testosterone levels.

## **Key factors are:**

- Blood flow
- Enhanced self-image
- Increased levels of testosterone
- Increased levels of endorphins which stimulate the release of sex hormones

Exercise opens the arteries to your heart which increases blood flow. This increase extends to the blood flow to your penis. A recent Harvard study of 31,000 men concluded that physically active men over 50 were less likely to be impotent than inactive men. Other studies have concluded that men with ED may be able to reverse it by becoming physically active and getting into shape.

The key is that active men are more likely to have healthy body weight. Being overweight is a key risk factor for ED.

Physically fit men also have fewer symptoms of an enlarged prostate, a common condition called benign prostatic hyperplasia. Frequent urination, a weak stream, low libido, and trouble keeping an erection are all symptoms of BPH.

Getting just 30 minutes of exercise per day is enough to give you sexual health benefits.

**Better Sperm Quality:** higher sperm counts were linked to men that worked out vigorously for 15 hours per week.

Men in fit physical condition find sex less painful than men that are out of shape. If you have a weak core, you will feel soreness in your lower abdominals and hip flexors after sex.

Exercise and being fit, lean, and in shape, help to boost your confidence. When you feel good about yourself and your partner feels good about your physical condition, you're going to be more relaxed and less distracted.

Bodyweight strength training increases levels of growth hormones, which contribute to spikes in testosterone.

When you engage in physical activity you improve your self-esteem and immunity, you manage a healthy weight, and you increase stamina and energy. These are all the ingredients for a healthy libido.

### **Benefits for Women**

Research on women has found that those who are physically active report greater sexual desire, arousal, and satisfaction than women who are sedentary. The increase in blood flow through cardiovascular fitness and the testosterone increase from the bodyweight exercises have the same positive sexual effects on women as well.

Confidence is a major benefit of exercise. Regular exercise helps improve self-esteem. When we like our body we want to show it off to our partners.

According to research by the University of Texas, exercise increases "physiological sexual arousal in women." This means a woman that exercises is more likely to be turned on than one who hasn't exercised.



Exercise affects your sex life by helping sexual performance. Maintaining a regular exercise regimen that increases heart rate, breathing, and muscle activity can enhance sexual performance and sexual satisfaction, which can ultimately lead to a better sex life.

Working out reduces stress which can sabotage your libido. The “stress” culprit is the hormone cortisol which over time can decrease your interest in sex. Because exercise produces feel-good endorphins and lowers cortisol levels, working out reduces stress and helps maintain a healthy sex drive.

### **Sexual health tip for both men and women:**

Help your body produce more nitric oxide. Nitric oxide is a molecule that’s naturally produced by your body. It’s a vasodilator that relaxes the inner muscles of the blood vessels causing them to widen and increase circulation. Nitric oxide allows blood, nutrients, and oxygen to travel effectively and efficiently to every part of your body.

A limited ability to produce nitric oxide is associated with erectile dysfunction, diabetes, and heart disease.

How to Increase nitric oxide naturally:

- Eat vegetables high in nitrates: Spinach, celery, lettuce, beetroot, and arugula are high in nitrate which converts to nitric oxide when consumed.
- Increase your intake of antioxidants: These include Vitamins C & E, Polyphenols, and Glutathione.
- Use nitric oxide boosting supplements: These two essential amino acids help form nitric oxide in your body; L-Arginine and L-Citrulline.
- Exercise to get your blood flowing: Exercise improves endothelial function. The endothelium is the thin layer of cells that line the blood vessels. These are the cells that produce nitric oxide and keep your blood vessels healthy.

### **Your Next Step**

Take more steps, incorporate bodyweight exercises, eat foods that will increase your production of nitric oxide, and as always, drink more water, sleep more, and breathe more deeply!

## Chapter 22: Water, Water, Water!

As I wrote in the chapter Take Control of Your Health, one of the three quickest ways to feel good and have an **immediate positive impact** on your life is drinking more water.

Getting enough water every day is important for your health. Make your water bottle your best friend.

Water cools your body, aids circulation, digestion, and carries the fuel used to power your muscles. The body is 60 percent water and your brain is 73 percent water. Just a 2 percent loss is enough to impair your motor skills, thinking, and judgment.

Your hydration needs are met through the water and beverages you drink. Also, soups and food with high water content such as celery, tomatoes, and fruits add to your fluid intake.

Healthy people keep hydrated by drinking **BEFORE** they feel thirsty. Alcohol, caffeine, sun, wind, exercise, smoking, and air conditioning are just a few things that can sap your body of water.

While there are no specific guidelines on just how much water you should drink each day, let's aim to drink at least 8 - 8oz. glasses per day as **your start point**. Having this goal in mind each day will remind you to drink water more often.

After you've established this new positive health habit, adjust your intake based on how you feel and the circumstances of your daily activity. If it's been a relatively inactive rest day you may need less water, if on the other hand you walked 4 miles in 87-degree weather on a humid day and did several sets of pushups, squats, lunges, and planks, you will need to increase the amount of water you drink.

**Let common sense guide you!** If you listen to your body you'll be fine.

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.

## 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.
- **Delivers 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

## **Your Next Step**

You guessed it... **DRINK MORE WATER!**

# Chapter 23: Sleep: Nature's Nurse

Do you want to spend more time in bed? Who doesn't, but it's not what you're thinking. I'm talking about the benefits of sleep! He's why sleep is called nature's nurse.

As I wrote in the chapter *Take Control of Your Health*, one of the three quickest ways to feel good and have an **immediate positive impact** on your life is to get more sleep.

You might think of sleep as the time when the mind and body shut down, but that is not what is happening. While our mind seems to turn off while we sleep, our brain and body are actually going through a very active period in which a lot of important processing, restoration, and strengthening are happening.

How this all works is still somewhat of a mystery, but we do understand some of sleep's critical functions, and why we need it for optimal health.

The tagline of my *Walking for Health and Fitness* [<link>](#) site is "the easiest way to get in shape and stay in shape." Yes, I firmly believe that, but as you'll read, sleep is the easiest way to improve your overall health.

If you need to get healthy, the quickest and easiest way is to get more sleep!

**Getting enough sleep is important for two main reasons:**

**1. Sleep helps our body repair our organ systems** including our muscles, immune systems, and other hormones.

Our immune system benefits as immune cells known as T-cells utilize our sleep time to race around our bodies doing vital repairs. Our body requires long periods of sleep to restore, rejuvenate, grow muscle, repair tissue, and synthesize hormones.

**2. Sleep also has a crucial role in our memory system,** helping us to retain what we have learned throughout the day.

Our brain is a storage and filing system. We take in a tremendous amount of information throughout the day and rather than filing the information immediately, we need to process it. Many of these functions take place while we are asleep. Sleep allows our brains to transfer the information from short-term memory to stronger long-term memory in a process called consolidation.

Research has shown that we retain information and perform better on memory tasks after we have slept.

### **Why do we need sleep?**

- Recharges us
- Helps us retain information
- Perform tasks
- Develop insights
- Process emotions
- Re-pattern neurological pathways
- Modulate hormones for growth, repair, and balance
- Makes you smarter

### **Lack of sleep is related to:**

- Cancer
- Diabetes
- Heart Disease
- Heart attack
- Hypertension
- Obesity
- Reflux
- Respiratory diseases
- Stroke
- Failure to thrive
- Sexual dysfunction

**Snooze or lose:** Perfect sleep comes from a clear mind, a healthy body, exercise, and a sleep-supportive environment.

### **What is healthy sleep:**

Here is a healthy sleep checklist. If most of these apply to you, it's a good sign that you are benefiting from a good sleep.



If you don't see yourself on this list it could mean you need to make a change in your approach to a good night's sleep.

- You fall asleep within 15-20 minutes of going to bed.
- You often sleep a total of seven to nine hours per day.
- You have only short periods of lying awake when you wish to be sleeping.
- You wake up feeling refreshed and energetic.
- You feel alert and can be fully productive throughout the waking hours with only a few "dips" in energy level and alertness.
- You have no issues with snoring, sleep apnea, or restlessness.

### **Why do we need sleep?**

Sleep Recharges us: Here is a breakdown of how the sleep process works:

- Your brain consumes energy to ensure survival.
- Your brain tells your body to move, to observe, it processes sensory information, etc.
- Your brain needs more energy, this comes from the foods you eat.
- The food converts to glucose which is then stored as glycogen (your energy reserve).
- Glucose gets converted to an energy-rich molecule called Adenosine Triphosphate (ATP).
- Most of your bodily cells run on this molecule including those that make up your brain.
- As your brain consumes energy in the form of chemical potential energy from the ATP molecules these molecules degrade and Adenosine is produced.
- The accumulation of Adenosine is therefore linked with decreased levels of glycogen – (your energy

reserve).

- The increase in adenosine induces non-REM sleep where the brain is less active and therefore goes into recovery mode.
- The brain then resets during our sleep where little mental energy is consumed.
- The brain is allowed to clear Adenosine. Adenosine deaminase is an enzyme that metabolizes Adenosine.
- The lower levels of Adenosine will induce less non-REM sleep, therefore you feel more revitalized.

### **Walking (exercise) and sleep**

Of the handful of studies on the effects of exercise on sleep, they suggest that exercise significantly improves the sleep of people with chronic insomnia. The only study that looked at the effects of a single exercise session found that moderate-intensity aerobic exercise (walking) reduced the time it took to fall asleep and increased the length of sleep of people with chronic insomnia compared to a night in which they did not exercise.

Exercise triggers an increase in body temperature, and the post-exercise drop in temperature may promote falling asleep.

### **Sleep helps us retain information**

Healthy sleep puts us in the right state of mind to take in information as we go about the day. The brain is a filing and sorting system; we need a good night's sleep to process and retain that information over the long term. Sleep triggers changes in the brain that solidify memories—strengthening connections between brain cells and transferring information from one brain region to another.

### **Sleep helps us perform tasks**

After sleep, we retain information and perform better on memory tasks. Research has shown people that write out a to-do list the night before complete more of the tasks the next day. More importantly, people that wrote down future task before bedtime fell asleep faster. Writing down your to-do list

the night before helps you start the day with clarity and allows you to hit the ground running! After sleep, we retain information and perform better on memory tasks.

### **Sleep helps us develop insights**

Sleep assists in the restructuring of new memory representations which facilitates the extraction of explicit knowledge, which in turn leads us to more insightful behavior.

### **Sleep helps us process emotions**

Emotional memories are unique because of the way they activate the amygdala, the brain's emotional core. Sleep plays a key role in encoding information based on experiences from the day, making sleep critical for preserving memories.

Amygdala (emotional) activation is what allows your wedding day or a trip to the hospital to be a day better remembered, more than just any other day of work.

The amygdala tags these memories as significant so that during sleep they're processed for longer and reiterated more than more trivial memories. The upshot is that the memories of emotional significance become easier to retrieve in the future.

### **Sleep helps us re-pattern neurological pathways**

Sleep helps restore the signal strength of brain synapses. Sleep directly affects our ability to learn, retain information, perform tasks, develop new perspectives, and re-pattern neurological pathways.

### **Sleep helps us modulate hormones for growth repair.**

During sleep, there is an increase in the release of growth hormones; Children grow, our skin regenerates, and our hair gets longer.

Sleep also plays an integral role in regulating the body's immune system, which is responsible for fighting off all sorts of problems from the common cold to more serious chronic problems like cancer

### **Sleep helps makes you smarter**

It turns out you also need to sleep before learning. Volunteers who took a 100-minute nap before launching into an evening memorization task scored an average of 20 percentage points higher on the memory test compared with people who did the memorization without snoozing first.

### **Sleep may help prevent Alzheimer's disease**

New research has shown that while we are in deep sleep a pulse of fluid washes through the brain which presumably removes toxins associated with Alzheimer's. Using cutting edge MRI techniques researchers found large, slow waves occurring once every 20 seconds of cerebrospinal fluid washing into the brain.

### **How much sleep do we really need?**

Healthy sleep is critical for everyone since we all need to retain information and learn skills to thrive in life. But this is likely part of the reason children—who acquire language, social, and motor skills at a breathtaking pace throughout their development—need more sleep than adults.

The National Sleep Foundation recommends the following amount of sleep for varying age groups:

- Newborns: 14–17 hours
- Infants: 12–15 hours
- Toddlers 11–14 hours
- Preschoolers 10–13 hours
- School-aged children: 9–11 hours
- Teens: 8–10 hours
- Adults: 7–9 hours
- Older adults: 7–8 hours

### **Benefits of Napping**

A short nap (20-30 minutes) is recommended for short-term alertness and provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.

### **Negative Effects from lack of sleep:**

- Causes accidents
- Dumbs you down
- Can lead to serious health problems
- Kills sex drive
- Can contribute to depression
- Ages your skin
- Makes you forgetful
- Contributes to weight gain
- Impairs judgment, especially about sleep
- May increase the risk of death

### **Keys to getting a better night's sleep**

#### **Eat to Sleep:**

- Eat a light meal at least 3 hours before bedtime.
- Avoid alcohol as it inhibits deep sleep
- Reduce caffeine, sugar, nicotine, and high-tyramine foods such as smoked meats, chocolate, spinach, wine, and cheese
- Eat a high-protein snack several hours before bedtime. These include milk, potatoes, sunflower seeds, and tomatoes

#### **Create a better routine:**

- Fall asleep before 10 pm: the initial non-REM sleep phase is the most restorative due to its decrease in cortisol, memory is consolidated, learning is integrated, and parasympathetic rest/digest is at its peak
- Avoid strenuous exercise, disturbing discussions, work and screen time as these stimulate the nervous system
- Go to bed and arise at the same time
- Get straight out of bed and splash cold water on your face

#### **Create an “unwind hour” before your bedtime.**

- Organize yourself for tomorrow

- Sip soothing tea
- Listen to mellow music
- Brush your teeth
- Wash your face with warm water or take a shower
- Massage your feet

Maximize the benefits of sleep by making your bedroom a stress-free sanctuary with soothing sounds.

### **Design your sleep zone**

- Keep your sinuses clear: use steam inhalation, nasal irrigation, and eat minimal mucus-forming foods
- Sleep on comfortable bedding
- The room should be quiet, dark, and comfortable.
- Use an eye mask and earplugs to eliminate disturbing stimuli.

Sleep is a vital component of good health and is truly the easiest to put in place. If you're like me, you scrutinize all areas of your workout; you plan your "get out the door routine", hydration needs, nutrition, fitness exercise to boost our overall fitness, you plan your post-walk meal, create shopping lists for the foods you need, plan out routes to walk, etc.

If you approach the importance and benefits of sleep as you would approach your workout routine you will greatly boost your fitness level in the easiest way possible.

### **Your Next Step:**

Analyze your sleep routine then incorporate the information above to create your pre-sleep routine and your sleep sanctuary. Then, **GET MORE SLEEP (your body will thank you !)**

## SECTION IV

### Getting Ahead

**Chapter 24: Safety First:** Taking precautions is a must when walking.

**Chapter 25: Nutrition for Fitness Walkers:** The Walking for Health and Fitness diet plan is straight forward, the simpler the better.

**Chapter 26: Weather considerations:** Fitness walking can be done in just about any weather conditions as long as you are prepared and properly dressed.

**Chapter 27: Getting Out the Door:** Many athletes, even professionals, say that the hardest part of training is just getting out the door and starting their work-out!

**Chapter 28: The Fitness Walking Exercise Program with Audio Tracks:** If I can show you how to save money and get in great shape in just 35-minutes per day, would you like to learn more?

**Chapter 29: The Mindful Walking Program with Audio Tracks:** Developing a positive mindset is one of the most powerful and transformative habits you can include in your daily routine.

**Chapter 30:** Final Thoughts, and About Frank Ring.

**Chapter 31:** Social Media: Let's Connect!

# Chapter 24: Safety First

Taking precautions is a must when walking. Let's face it, you will most likely be walking in your neighborhood, and whether urban, suburban, or rural, a good deal of time will be spent on or very near a road.

Be alert while walking at night, and walking in uncrowded, isolated areas.

Other safety concerns will be weather-related: heat, cold, ice, snow, wind, and rain.

## Safety Factors

**WALK FACING TRAFFIC:** If you remember only one lesson from this book, please let it be this: if you walk on the side of the road, you must face into oncoming traffic. You need to see what's approaching in order to avoid serious injury.

Walk defensively. Don't ever challenge a vehicle or ever assume that drivers know when you have the right of way. Also, err on the side of caution. The very size of a car negates all of your rights as a pedestrian.

When you are walking alone, let someone know where you'll be walking and when you expect to return, then let that person know that you have returned. This should develop into a habit, and could get you valuable help early on if you miss placing the return call because you are in need of help.

**Always carry identification and important medical information.**

**Don't walk alone at night** (if possible). Working full time, then getting home after the sun sets is common in winter.

If you must walk at night, please take the **following precautions:**

- **WEAR A REFLECTIVE VEST!** If you remember only two lessons from this book (one being to face traffic), then this is number two: **A reflective vest will save your life.**



- Think about how many times you have driven at night only to see a pedestrian at the very last moment. Put yourself in the driver's seat: what will make it easier for you to be seen?
- **Carry and use a flashlight, or better yet a headlamp.** Headlamps are now a very common household item and are sold at all local hardware and big box stores.
- **A note on headphones:** I love to walk and listen to motivational speakers, audiobooks, and music. I listen to some form of audio about 75 percent of the time. My advice is to keep the sound at a reasonable volume so you can also hear what is going on in your surroundings.
- **Be alert** when walking near wooded areas, dense brush, doorways, and courtyards.
- **Don't wear lots of jewelry or carry much cash.**
- **Protection devices:** I usually carry a small pepper spray clipped to my belt in case a dog (or human) gets too aggressive for comfort.

**For More Tips: \*Read: [21 Walking Safety Tips](#)**

### **Your Next Step**

Give drivers the right of way... your body, no matter how strong you become by following the advice in this book, is no match for the size and power of a car! Also, invest in a [reflective vest and headlamp](#). Lastly, use common sense when walking and you be just fine.

# Chapter 25: Nutrition for Fitness Walkers

The Walking for Health and Fitness diet plan is straight forward, the simpler the better. **Consuming fewer calories than your body needs will cause you to lose weight over time.** Conversely, eating more calories than your body needs will cause you to store the excess in the form of fat.

Recent studies have shown that weight loss is associated with eating good, quality foods, including a wide variety of fresh fruits and vegetables.

## **Calorie Facts: Rule of 3500**

- Every day your body needs a certain number of calories (energy from food is measured in calories) in order to function
- This number is based on your age, gender, height, weight, and activity level
- For every 3,500 calories you eliminate through eating less or burning more, you lose 1lb of body weight
- Conversely, if you add 3500 calories above what you need to maintain body weight, you gain weight

## **How do I find this number?**

Go to the resource page <link> – for the Caloric Needs Calculator

If you cut 500 calories per day, you will lose one pound per week: **7 X 500=3500.**

## **Lifestyle considerations and weight-loss**

### **Example:**

Man, age 50: 5'10", 180 pounds.

- If he lives a **sedentary** life he needs 2019 calories per day to **maintain** his current body weight

- If he wants to lose 1 pound per week he has to limit his calories to **1519 (500 fewer calories each day)**

If the same man is **moderately** active (walks 3-5 times per week) he would need to consume 2608 calories per day to **maintain** his body weight and **consume 2108 calories to lose 1 pound.**

As a result of walking, he can **consume more 589 more calories** than if he was sedentary and can **still lose** a pound per week.

If he was extremely active (walking 6 times per week and added bodyweight exercise 3 times per week) he can consume **884 more calories per day and still lose weight.**

#### **Look at Those Numbers Again:**

- Sedentary lifestyle: 1519 calories per day to lose 1 pound per week
- Extremely Active lifestyle: 2403 calories and still lose 1 pound per week
- **Get extremely active and eat 884 extra calories and still lose weight**

#### **That's a Win-Win in my book!**

#### **What is a calorie?**

- A calorie is a unit of heat energy
- Heat energy is what fuels your body the same as gasoline fuels your car's engine
- Calories are provided by fats, carbohydrates, and proteins

#### **Understanding Your Basal Metabolic Rate (BMR)**

- BMR is the number of calories you need each day to perform basic bodily functions
- Energy from food is measured in calories
- Exercise increases your BMR number
- Average woman: 1,000 calories
- Average man: 1,400 calories

- These numbers are just for breathing, blood circulation, and digestion
- It does not take into account any movement or exercise you do
- Everyday movement raises an average person's caloric need to 1,600 to 2,000 for women and men respectively
- Walkers burn off more calories a day through exercise
- **Adding muscle and dropping body fat increases your BMR**

**In review:** BMR is the burn rate of calories, the more you burn in excess of what you need to sustain your current weight the more weight you will lose.

### **Starvation and Deprivation Type “Diets” DO NOT WORK**

I Repeat: “Starvation and Deprivation Type “Diets” DO NOT WORK”

#### **Why They Don't Work**

- Weight loss stresses the body
- These methods slow down your Basal Metabolic Rate: Like a car needing fuel, you'll feel sluggish and hungry all the time
- Underfed bodies are likely to be more tired: This lack of energy then lowers your activity levels
- Your body has a biological resistance to change
- Your body will work to protect its fuel reserves by: Increasing your appetite, increasing your cravings for sweet and fatty foods, increase your preoccupation with food and eating

#### **Win-Win: The Diet Strategy That Will Work for You!**

#### **Keep This in Mind**

Remember that Walking for Health and Fitness is a lifelong fitness program. I am not offering any quick fixes for

your long-term health. You are responsible for the changes in your life. I'm just pointing you in the right direction

### **With That in Mind**

- **YOU WILL NOT** begin to change your diet until you know your starting point
- You will track your current eating habits for 5 days
- You will then evaluate the number of calories you consume
- You will begin to **slowly reduce** or eliminate some of the “less than effective” sources of those calories

### **How The WIN-WIN Works: Your First 5 Days**

- Write down in this Walking for Health and Fitness Win-Win Calorie log exactly what you eat each day.
- Look on the food label for the caloric content of what you have just eaten. You must be completely honest about the food portion you just ate
- At the end of each day, total up the calorie number and enter it in the journal
- Again, and I repeat...**do not change your eating habits** until you complete this assignment

On this book's [resource page](#) there are links to websites that will tell you the caloric value of your food.

### **What You Will Learn**

At the end of 5 days, you will begin to see a pattern of your eating habits, what you eat, how much you eat, when you eat.

### **Calorie Calculator:**

Click the link to an online [Calorie Calculator](#):

You will enter your age, gender, height, weight, and activity level.

### **Calories needed to Maintain Your Current Weight**

**5-Day Initial Calorie Count - Track Your Current Calorie Consumption:**

- Do not change any of your diet habits at this time: you need to see your start point
- The food log will give you an idea of what foods you eat each day
- You should start to see a pattern emerge
- After your last meal of the day, calculate the total calories
- Also, make note of anything in your life that is causing stress
- Repeat the process for four more days

### **Read the food label for the calorie count**

Use the [resource page](#) to find the calories in the foods you eat.

### **Eating Suggestions:**

- Split or share a meal when you go out
- Eat slowly
- When eating salads, order dressing on the side
- Understand portion size: A clenched fist is equal to 1 cup
- Reduce your “fast” or “junk” foods habit
- Instead of eliminating junk foods, just reduce them. If you enjoy 4 cookies with a cup of coffee after dinner, reduce this by breaking 2 cookies in half. You still “technically” have 4 cookies but you’ve reduced the calories by half

## **A Word of Caution**

**Caution:** As you reduce or eliminate some foods and replace them with more healthy choices, your body might begin to say, ‘**Hey what’s going on here??**’ and fight you by craving unhealthy high calories junk foods. **That’s a good thing!**

Your body will act to protect itself as it sees the change in caloric intake as a risk to its survival.

This is a natural response and **will disappear in a short time** as your body starts to feel the effects that healthier foods have on your overall health. **Drink more water** to ward off the cravings.

**Remember** you are on a lifelong path to health and fitness. Quick, gimmicky weight loss is not for you! Be patient and you will see amazing results!

## **Basic Nutrition Information**

### **Your Body Utilizes Three Calorie Sources**

- Carbohydrates
- Protein
- Fats

### **The Unique Function of Carbohydrates**

- Most readily converted into glycogen, the elementary fuel your body uses
- An efficient form of energy
- Breaks down quickly
- Carbohydrates should be a mainstay of your diet (with caution)

## **A Word of “Carb” Caution**

The type of Carbohydrate will make all the difference in the world to your health. 50-70 percent of your calories should come from carbs.

## **There are two types of Carbohydrates:**

- Complex (eat more of these)
- Simple (eat less of these)

### **Complex Carbs:**

- Loaded with nutrition
- Starchy, bready, grainy, foods which also include vegetables and legumes
- The body absorbs them slowly for steady energy

**Fruits and vegetables:** They are a combination of both complex and simple carbs and are healthy because they contain vitamins, minerals, fiber, and water.

**Avoid Simple Carbs:** Candy, cake, doughnuts – anything containing large amounts of processed sugar are **empty useless calories**. They convert to energy **but** burn out quickly giving you the roller coaster effect.

### **Proteins:**

- Meat, poultry, fish, dairy products, legumes, and nuts
- Backup fuel supply for the body
- Made up of amino acids which are the building blocks of the cells, muscles, and tissue
- While muscle tissue is mostly made up of protein, muscles need the energy to build stronger. So, you must also eat complex carbohydrates to build muscle
- 15-30 percent of your caloric intake should come from protein

### **Fats**

- Provides energy
- A must in your diet
- Fat intake 15-30 percent of your diet
- Unfortunately, fats are included in too many processed foods, so most people go over their optimal needs



## **Types of Fat**

### **Saturated Fats:**

- The bad fat
- Raises “bad” LDL cholesterol
- Fats from steaks, burgers, butter, cheese, and mayonnaise

### **Monounsaturated Fats:**

- Lower bad cholesterol without affecting your good cholesterol
- Olive, canola, and peanut oils

### **Polyunsaturated Fats:**

- Good fats!
- Raise the good HDL cholesterol. Sunflower, corn, soy, and canola oils

## **So, What Does This All Mean?**

### **General eating rule:**

- Avoid the simple carbs
- Choose more complex carbs
- Fat is good in moderation
- Choose varied sources of protein

### ***Other Nutritional Factors:***

If you follow only one piece of advice from this chapter, then please let it be this: **DRINK MORE WATER!**

### **Fiber**

Fiber is the indigestible part of the plant

### **Two sources:**

#### **Insoluble Fiber**

- Absorbs water and increase bulk in your digestive system
- Keeps things moving along!
- Whole grains, beans, fruits, and vegetables

#### **Soluble Fiber**

- Dissolves in water
- Make you feel fuller
- Whole oats, oat bran

### **A Word of Caution on Fiber**

Don't make a sudden, dramatic increase in your fiber intake. This will lead to gassiness, stomach cramps, and diarrhea. Introduce fiber slowly into your diet!

### **Vitamins and Minerals**

Vitamins come from living sources, and minerals come from inorganic or dead sources.

Neither gives you energy, but your body needs them in order to perform all its chemical reactions. Your body needs 40 essential vitamins and minerals to perform at its peak. There is no need to overdo it on vitamins and minerals.

Taking a daily multivitamin supplement is a good idea.

### **A Word on Caffeine**

Caffeine is a stimulant that can get you going in the morning! Too much caffeine causes an increase in heart rate and metabolism. It also can inhibit the body's ability to absorb

certain nutrients. Some studies show some health benefits to drinking caffeine.

***My advice is:***

Moderation, moderation, moderation. Personally, I enjoy several cups of coffee a day. In fact, my favorite walk is to a Starbucks where I sit for about 40 minutes, contemplate the world around me, then continue on with my walk!

**Avoiding Fast & Junk Foods**

Let's face it, fast food is tasty and quick and easy to purchase. Most fast foods and "junk" foods are loaded with extra fat, salt, and calories and contain very little nutritional value. Why? Because fat and salt taste so good and are so cheap to include in the food.

**If You Must Buy Fast Food**

- Keep it simple
- Avoid sandwiches or burgers load with special sauce and cheese
- Never order a "double" anything
- Skip the chicken or fish (which sound healthier) if they are fried or batter-dipped
- Barbecued chicken or plain salads are good choices, but avoid the extras such as processed meats, cheese, and creamy dressings on the salad
- Pancakes or pain English muffins (hold the butter), orange juice and low-fat milk are good choices
- Pizza is good fast-food: 70 percent carbs, 30 percent fat

**Junk Food** is typically produced in the form of packaged snacks needing little or no preparation and having low nutritional value.

**How to Break the Junk Food Habit**

- Use the Five-Ingredient Rule: If a product has more than 5 ingredients on the label, don't buy it
- Break Your Routine: If you find yourself craving junk food at a certain time each day, do something

- different such as take a walk, or drink water
- Make healthy foods your treat! Keep healthy food on hand and prepared to eat. Slice up your fruits and vegetables beforehand
- Know what foods trigger your cravings. Keep them away from you
- Learn more about the junk foods you eat. Did you know that frozen “grilled chicken” breasts get their “fresh roasted” marks from a machine infused with vegetable oil?
- Chew more times than you need to: Chew slowly, consciously, and wait until you finish one bite to take another. If you chew more, you’ll eat less
- Drink more water!

### **The Power of Protein Powder**

Adding bodyweight fitness exercises to your walking routine will trigger added nutritional demands on your body. As stated above, protein is made up of amino acids which are the building blocks of the cells, muscles, and tissue.

Adding a protein powder drink to your daily routine will keep your muscles in growth mode and assist in the recovery process.

Protein mixes are quick to prepare, easy to digest, and a refreshing beverage after a fitness walk.

### **Benefits of Eating Quinoa – The Wonder Food**

Quinoa (pronounced Keen-wah) is a grain grown for its edible seeds. It’s one of the world’s most popular health foods.

- Gluten-free
- High in protein; 8 grams per cup
- High in fiber: 5 grams per cup
- Contains all nine essential amino acids
- Low glycemic index: 53, which is considered low
- Beneficial effects on metabolic health
- High in antioxidants

### **How to Cook Quinoa**

Quinoa is easy to incorporate into your diet. Use it as a substitute for pasta.

- Add 2 cups of water to a pot and bring to boil
- Add 1 cup of Quinoa (add any spices for flavor)
- Cover and reduce the heat
- Cook for 15 minutes
- Serve to taste.

### **My Favorite Sauce-Tomato's and Olive Oil**

- In a frying pan add Olive oil and sliced fresh garlic.
- Roast the garlic slowly (remove the garlic before it turns dark brown)
- Add fresh tomatoes: 1 or 2 cubed (or a container of grape, or cherry tomatoes)
- Season with salt, black pepper, crushed red pepper, and basil
- Cover and slowly cook for 20-25 minutes
- Serve over the Quinoa.

### ***Your Next Step:***

Evaluate your diet and eating habits. Replace low-quality foods with better quality foods to fuel your body.

At the very least... **DRINK MORE WATER!**

# Chapter 26: Weather Considerations

Fitness walking can be done in just about any weather conditions as long as you are prepared and properly dressed. There is a certain kind of satisfaction when I've completed a walk in less than ideal weather conditions. But you must take precautions.

**Walking in Hot Weather:** Know the heat index which is a result of the combined effects of the temperature and humidity of the air.

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

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

Check out the link below to the National Weather Service.

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

**Helpful Advice:** Acclimatize yourself to the warm weather. Begin with short walks as the first hot days arrive, then gradually increase the distance and intensity of your walks.

- Drink lots of water **BEFORE, DURING, and AFTER walking in hot weather.**
- Carry a water bottle with you and sip from it often in hot weather.
- Wear synthetic fabrics that pull moisture away from the body, which allows sweat to evaporate quickly and you to feel more comfortable.
- Wear light color clothes to reflect the sun.
- Wear sunblock for exposed skin. Choose a sunblock designed for exercise and sweating
- Wear a hat to protect your scalp.
- Wear a good pair of sunglasses.

- In extreme heat, back off of your usual pace. Hot weather can adversely affect your strength and stamina

### **If You Overheat:**

**Heat Cramps:** The seizing up of one or more of your muscles, often the calves. They are usually the first sign of heat-related trouble.

If you experience heat cramps:

- Stop walking and get to a shaded area
- Gently massage and stretch the affected muscle
- Apply ice if available

### **Heat Exhaustion**

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

### **If you experience heat exhaustion**

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

### **Heatstroke**

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

### **If you experience Heatstroke**

Get into the shade and remove as much clothing as possible.

Cool yourself down quickly using:

- Water
- Fan
- Air conditioning
- Ice packs
- Wrap yourself in cold wet sheets

**Seek immediate medical attention... meaning – GET TO A HOSPITAL!**

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



## **Walking in Cold Weather**

The Wind-chill is the effective lowering of the air temperature caused by the wind, especially as affecting the rate of heat loss from an object or human body or as perceived by an exposed person.

The key is to dress as if it is 10 degrees warmer than the wind chill temperature. 32-degree weather with a 10 mile per hour wind speed will make it feel like 23 degrees

### **Beware of wind chill temperatures**

You must take the 9-degree difference between the air temperature reading and the wind chill temperature into account when dressing for the cold.

If you take my advice but dress 10 degrees warmer than **only the air temperature (32 degrees)**, in reality, you would be **19 degrees underdressed** (wind chill temperature 23 degrees).

**This is the difference between walking comfortably and being miserable.**

### **[National Weather Service Wind Chill Calculator](#)**

### **Acclimatize yourself to the cold weather**

Warming up on a cold day is essential to walking (do the warm-up routine). Begin with short walks as the first cold days arrive. Gradually increase the distance and intensity of your walks.

- You need as much water in winter as in summer. You must drink lots of water **BEFORE, DURING, and AFTER** walking in cold weather.
- Carry a water bottle with you and sip from it often in cold weather.
- Keep your head and neck covered. 7% percent of body heat is lost to an uncovered head and neck. Your head loses the percentage exposed to the elements, typically 7%. You will also lose a great

deal of heat between your layers of protection and your neck. Remember that heat rises and that the body heat you generate will escape unless you stop it with a scarf or bandana.

- Wear gloves to keep your hands warm.
- In extreme cold, cover your nose and face.

## **Dressing in Layers**

When working out, your body will generate a tremendous amount of heat. It's important to vent the heat away from your body to stay comfortable. Dressing in layers will allow you to regulate your body temperature as you can shed or add layers as needed.

Watch the YouTube Video: [How to Dress in Layers](#)

Think of your core as your house furnace. As you walk and do fitness movements you raise your core temperature.

When you properly dress in layers, you can easily capture this heat to stay warm or release it to cool down before you sweat too much.

Each layer has a specific job and applying each layer properly will allow you to walk longer, be more comfortable, and enjoy the walking experience.

**The Base Layer** is closest to your skin. The base layer wicks perspiration away from your skin. You warm up, you begin to perspire, and you want to get the moisture away from your skin as quickly as possible. Go with your preferred fabric, either synthetic or wool, something that is comfortable. As moisture is drawn away from the skin it begins to evaporate.

Avoid cotton as it saturates quickly is very slow to dry out. This will cause you to expend more energy to just keep this now moist layer warm.

**The Middle Layer or Insulation layer** helps you retain the heat that radiates from your body. Types of shirts include anything from a thin pullover to a very thick sweater or sweatshirt.

In very cold weather, I've also added a short-sleeve shirt over my base layer to add to the insulation factor, then I added a sweatshirt or my new favorite, my wool "Irish" sweater. The more layers you have the easier it is to regulate your body temperature as you can take layers off or put more on as needed.

**The Outer Layer** provides wind and rain protection. This layer prevents the wind from blowing away warmth built up in the insulation layer and also protects from wet weather.

There are many choices for the outer layer. If you do the base and middle layer correctly, then this could be as little as a light windbreaker. Just recently I walked in 25-degree weather with just my waterproof windbreaker as my outer shell. This jacket has no lining, it just keeps the wind out which is its main job.

### **Caution:**

If you feel a cold wind blowing on your core, then you are losing the warmth that the insulation layer is trying to trap.

### **Two other factors to consider in staying warm:**

- **Protect the neck:** wearing a scarf or bandana around your neck will also trap the heat generated by your body. You can loosen the scarf to allow heat to escape and thus easily regulate your body temperature.
- **Protect the head:** lastly, wearing a hat will also help you retain body heat and keep you dry in rainy weather. You do lose a majority of heat from your head but since your head is generally 7% of your total body surface, only 7% of heat is lost through your head.

It was a popular misconception that you lost 40-50% of body heat through the head. This is not true.

### **Important point:**

You don't want to overheat. It's uncomfortable to be sweaty in cold weather and it could be dangerous. If your base layer is damp it will take more energy to heat that moisture.

### **Let's Review:**

- The base layer is the most important as it moves perspiration away from your skin. Synthetic is an ideal fabric.
- The insulation layer traps warmth around you. Several thinner layers are better.
- The outer layer is to keep the wind from blowing away the heat built up in the insulation layer.

### **Your next step in staying warm:**

- Make a game plan for walking in cold weather.
- Go through your clothes and determine which garments will be used for your base, insulation, and

outer layer.

- Experiment with different combinations of clothing to find out what keeps you most comfortable.
- Take notes during your cold-weather walks as to what you wore and how effective it was.

**The cold weather balancing act:** You want to stay warm, **BUT YOU DON'T WANT TO SWEAT!**

Sweating in cold weather will cool your body and lead to chills.

- Unzip jackets to let warm air escape. Undo your scarf to allow the trapped warm air to escape and lower your body temperature.
- Keep legs covered. Wear sweatpants, tights, or thermal underwear.
- Wear sunblock for exposed skin, especially the nose. Choose a sunblock designed for exercise and sweating.
- Wear proper footwear. Ice grippers may be needed in snowy, icy conditions. Boots may be needed in snow.

**Medical conditions associated with cold-weather walking**

**-Beware of frostbite**, which is an injury to the body caused by freezing. **Frostbite** is most common on exposed skin. Early warning signs are numbness, loss of feeling, or a stinging sensation.

**If you experience frostbite**, get out of the cold and slowly warm the affected area. **DO NOT RUB** since this can damage the skin

**-Hypothermia** is abnormally low body temperature.

When you are hypothermic, your body loses more heat faster than it can produce it. Walking in cold, rainy weather increases this risk.

Early warning signs include intense shivering, slurred speech, loss of coordination, and fatigue.

If you experience hypothermia, get out of the cold as soon as possible. Remove wet clothing. This includes clothing that is damp from sweat. Cover up with a blanket and put a hat on. Drink warm beverages.

**DO NOT APPLY DIRECT HEAT!** Seek medical attention as soon as possible!

### **Walking and Climate Factors**

#### **Walking on Ice and Snow**

- Walking during a light snow shower is one of my most pleasurable walking experiences. The world is quiet, cars are nearly non-existent, and the world is all mine!
- Walking on hard-packed, icy, slick, or slushy mess snow is a nuisance at best and dangerous at worst.

If you must walk in ice and snow conditions, take it slow and steady using shorter, quicker strides. Use your arms more to maintain balance.

If the conditions are really awful, use a treadmill or skip walking altogether and do strength training.

#### **Walking in the Rain**

In warm weather, walking in the rain is exhilarating! In cold weather, not so much! Wear a waterproof jacket and beware of wind chill temperatures.

**Beware of lightning!** Do not walk if lightning is present

If you get caught in a lightning storm, **head for shelter ASAP**. Crouch low touching the ground with only your feet to minimize contact. If possible, get into a car. Also, avoid bodies of water.

#### **Walking in the Wind**

You must know the wind chill factor before heading out into the elements. Wear a windbreaker and a hat. Beware of

flying debris. If tree limbs are fall all around you...get indoors ASAP.

**Your Next Step:**

Reread this chapter! It's that important!

I'll say it again, **reread this chapter it's that important!!!!**



# Chapter 27: Getting Out the Door

Many athletes, even professionals, say that the hardest part of training is just getting out the door and starting their workout!

Being organized is beneficial to any fitness routine. The less you have to think about, the more you can focus on the workout ahead.

Walking is an easy sport to prepare for, and having this checklist will save you time and effort as you prepare for your walk!

Over time, getting out the door will be automatic, but a reminder of what to bring along with you is always helpful!

## **Your Next Step:**

You've read the book, you know the benefits of fitness walking and bodyweight exercises, now it's time to **put your new knowledge into action!**

- Develop a routine for getting out the door.
- Follow the suggestions in the checklist below
- Warm-up
- Walk and do bodyweight fitness exercises.
- Incorporate strength training into your routine
- Cool-down
- Stretch
- Improve your eating habits
- Drink more water
- Get more sleep
- Breathe Deeply
- Enjoy the process of Walking for Health and Fitness!

**“Repetition and routine allow our imagination to flourish.”**

**-Haruki Murakami, Writer**

**The Get Out the Door Checklist:**

**IMPORTANT!** Check weather conditions and plan according to Wind Chill/Real Feel (cold temperatures) or Heat Index (hot temperatures).

**Daytime:**

- Sneakers/Shoes
- Clothes
- Id
- Wallet/Money/Keys
- Phone/Ear-buds/Headphones
- Hat
- Sunglasses
- Fanny pack
- Water
- Snack
- Contact Person
- Camera

**Add Your Personal Items:**

**Heat:**

- Check Heat Index!
- Water
- Shorts
- Light top
- Water (Yes again)
- Sunscreen
- Water (One more time. It's that important)!

**Cold:**

- Check Real Feel/Wind Chill
- Dress in layers
- Hat

- Scarf
- Glove
- Boots in snow/slush
- Water

**Night-Time: (add these items)**

- Reflective Vest!
- Headlamp or Flashlight!

**Rain: (add these items)**

- Waterproof Jacket
- Reflective Vest (Yes, even in the daytime when it's raining)

**Reminder #1:** When walking in the street, [ALWAYS FACE ONCOMING TRAFFIC!](#)

**Reminder #2:** ALWAYS wear a reflective vest and walk with a flashlight at night!

# Chapter 28: The Fitness Walking Exercise Program with Audio Tracks

If I can show you how to save money and get in great shape in just 35-minutes per day, would you like to learn more?

**I'm sharing this with you because** studies published in both the Journal of the American Heart Association and The Lancet concluded that a person who exercises five times per week paid \$2,500 less in annual health care expenses related to heart disease than someone who did not walk or otherwise move for 30 minutes per day, five times per week!

## **My Biggest Mistake**

Let me tell you the mistake I make over nearly 4 years ago that cost me money by having to take a medical leave of absence from work and caused me a diminished quality of life.

I was a runner and lifted weights to improve my running performance, but all the miles I ran on uneven, rocky trails took its toll on my back and knees. Also, lifting improperly literally had me reeling on the ground.

Several months of physical therapy did little to alleviate the back pain. Lack of sleep caused me to be more irritable to my loved ones. I miss social engagements because I had difficulty sitting for any length of time.

The dreaded diagnosis finally came in... **it was a herniated disk!**

## **My Salvation!**

I began walking! I figured that if I could just get my moving again, then I'll transition back to running. Good game plan I thought...

BUT then, I discovered the best thing ever; I began to enjoy walking!

### **The Big Revelation**

I looked back on my running mileage training logs and added up the number of injuries I had **as a runner** and was floored at how often I had been hurt!

**Since walking exclusively**, injuries have been a thing of the past!

**Let's dispel the common complaint that "Getting into Shape is Expensive and Time-Consuming."** If the Fitness Walking Exercise Program saves you from making just one trip to the doctor this year, it would more than pay for the cost of the program.

**You probably have an out of pocket co-pay that costs more than this program.**

[The Fitness Walking Exercise Program](#) session takes just 35-minutes per day to complete.

**Walking is a low impact fitness exercise.**

Walking is a natural movement that all but eliminates the risk of injury. You will complete a 40-second mini-fitness session every 4 minutes for a total of 32 minutes followed by a cool down!

The exercises are bodyweight movements so there is a near-zero risk of injury.

**Upbeat music** gets you pumped to walk!

**Affirmations** throughout the session will have you in feeling positive, focused, and motivated.

Your improved mindset about getting in shape will have you looking forward to each session. The Core-Four Bodyweight Exercises work your whole body.

Get coached while you walk, get motivated while you walk, improve your fitness while you walk, and develop a positive mindset while you walk!

## **Included in the Fitness Walking Exercise Program:**

### **6 Audio Tracks:**

1. Introduction to Fitness Walking (3:55)
2. The warm-up (7:20)
3. The Fitness Walking Exercise Session with Affirmations (35:43)
4. The Fitness Walking Exercise Session -Music only (35:43)
5. The Cool-down (4:55)
6. Thank You! (1:02)

**Bonus #1:** 70-page Fitness Walking Exercise Program Booklet.

**Bonus #2:** Audiobook version of the Fitness Walking Exercise Program Booklet (1:30:18).

Listen to the audio-booklet while you pleasure walk.

**Bonus #3:** Track Your Progress Worksheet.

**The Fitness Walking Exercise Program was designed as a HIIT workout to have you do 40 seconds of a fitness movement within every 4-minute interval!**

Doing bodyweight exercises greatly reduces the risk of injury. Tone your arms, legs, abs, back, and shoulders by doing: **Pushups, Squats, Shoulder Planks, and Lunges.**

**[Order the Fitness Walking Exercise Program Today. Risk-Free](#)**

# Chapter 29: Mindful Walking Exercise Program with Audio Tracks

## **EXERCISE AND AFFIRMATIONS**

Developing a positive mindset is one of the most powerful and transformative habits you can include in your daily routine. Listening to affirmations while you are walking will supercharge the effects of the affirmations.

## **HAVE YOU TRIED OTHER PROGRAMS TO GET IN SHAPE, ONLY TO:**

- Dislike running?
- Got injured in Boot Camp/Cross-fit type of gym?
- Lacked the motivation to go to a hot smelly gym and weight-train?
- Get intimidated working out with strangers at a time you didn't feel your best.

## **ARE YOU READY TO AVOID:**

- Doctor's visits
- High costs of prescription drugs
- Lost time at work
- A lessened quality of life due to preventable illness

These all add up to a significant sum of time and money.

That was me until I slowed down, got smarter about what exercise was all about, and harness the power of my mindset to get back into shape... and stay in shape!

## **THERE IS A BETTER WAY:**

**WALK** for 30-minutes

**LISTEN** to music and positive affirmations

**CONNECT** your mind and body

**The Program Includes 6-Audio Tracks & Bonus#1: PDF-Booklet Bonus, #2: The Audiobook version of the booklet.**

**Audio Files:**

- Introduction to Mindful Walking
- The Warm-up
- Mindful Walking Session 1: with Affirmations and Positive Messages

(30-Minutes)

- Mindful Walking Session 2: Music only (30-Minutes)
- The Cool-down

Thank You from Frank.

**BONUS #1: 53-Page Booklet:**

**The Mindful Walking – *Exercise Program: The Mind-Body Connection.***

**Topics include:**

- How to get the most out of this program
- Things to do on the road
- Staying safe on the road
- More **STEPS**
- Why Affirmations Work

**Bonus #2:** The audiobook version of the booklet.

**[Order the Mindful Walking Exercise Program Today, Risk-Free](#)**



# Chapter 30: Final Thoughts/About Frank

“You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything worthwhile.” – Brian Tracy

The key word in the quote above is effort. It takes effort to get organized, to set aside time, to learn more about fitness, to prepare meals, to work on your mindset, and finally to get out the door and fitness walk.

The tagline to my [Walking for Health and Fitness](#) website is; Walking is the easiest way to get in shape and stay in shape, and I firmly believe it, but it does take effort. I’ve written this book to make the effort easier and ultimately rewarding.

As health care costs steadily increase at the same time lifespans are increasing how will your advanced years play out? Will you be in good health to enjoying the money you have set aside to travel, play, explore? Or, will your money be spent on doctors, treatments, and hospital stays?

Some less urgent questions are: Will you be able to just comfortably get around to enjoy a night out at the movies? Go sightseeing on your next vacation? Attend your grandchild’s ballgame which is played in a park where car parking is a considerable distance away? Will you be able to shop in a mall or those giant supermarkets and big box stores?

**All the money in the world can’t buy good health.**

Take the information in my book to heart. A little effort now will lead to a big pay off in the future. Start fitness walking, do bodyweight exercises, watch your diet, stay within the recommended weight guidelines, keep an upbeat positive attitude, and you will be walking with more pep in your step for many years to come!

Thank you for purchasing my book!

Walk on,

Frank Ring

## **About Frank S. Ring**

Frank S. Ring is the author of [\*Walking for Health and Fitness\*](#). He is a high school teacher and cross-country coach with 21 years of experience.

In 2016 he began walking as a way to rehab from a back injury and to his great surprise fell in love with walking.

Now, Frank has combined his love of walking and writing with a website, [Walking for Health and Fitness](#).

“I wanted to share my story, pass along my knowledge, motivate, and inspire others. Walking has brought me back to good health and fitness. I know I can teach others about this great fitness activity.”

Frank credits walking with reenergizing his love of teaching and his commitment to staying in great physical condition.

“I believe that walking is the easiest way to get in shape and stay in shape. This is the second of several books I plan to publish which centers around the health benefits of walking.”

**Did You Like This Book?** Let everyone know by **posting a review** on Amazon. Please click [HERE and it will take you directly to the review page](#).

**Follow my Author page on Amazon:** [Frank S. Ring](#)

Receive notices of new book release, blog and video posts.

### **Questions or Comments:**

Have a question you need to be answered or a comment about the contents of the book? Are there any grammar, proofreading, or formatting issues I should clear up for the next version? Please feel free to email me directly: [Frank@walkingforhealthandfitness.com](mailto:Frank@walkingforhealthandfitness.com)

## Chapter 31: Social Media:

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



[Walking for Health and Fitness Website](#)



[Walking for Health and Fitness Program](#)



[Walking for Health and Fitness](#)



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