

# FRANK S. RING

Fitness Expert | Podcast Host | Author | Speaker

**Helping People Rebuild Strength, Energy, and Confidence—One Step at a Time**

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## ABOUT FRANK S. RING

Frank S. Ring is a fitness expert, podcast host, author of five books on walking and fitness, and creator of beginner-friendly fitness and recovery programs. Through his work, Frank helps individuals—especially those facing health challenges, setbacks, or lifestyle disruptions—use walking as a simple, powerful foundation for long-term health, energy, and resilience.

He is the creator of the **Walking for Health and Fitness® programs** and the **STRONG Through Prostate Cancer™ Method**, designed to guide people through both physical and mental recovery using structured, sustainable habits.

Frank is also the host of the *Walking for Health and Fitness Podcast*, where he shares practical strategies, personal insights, and science-backed approaches to improving health through walking.

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## EXPERTISE & TOPICS

Frank delivers practical, relatable conversations that resonate with a wide audience.

### Popular Topics Include:

- Walking for health, fitness, and longevity
  - Recovery (physical, emotional, and lifestyle-based)
  - Building sustainable fitness habits
  - Nervous system regulation through movement
  - Overcoming setbacks and staying consistent
  - Prostate cancer recovery and men's health
  - Mindset, discipline, and long-term transformation
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## WHAT MAKES FRANK A GREAT GUEST

- Real-life experience combined with practical coaching
  - Clear, actionable advice listeners can apply immediately
  - Engaging storyteller with a calm, grounded delivery
  - Bridges science, mindset, and real-world application
  - Speaks to both beginners and experienced audiences
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## 30-SECOND HOST INTRO (READ ON AIR)

“Today’s guest is Frank S. Ring, a fitness expert, podcast host, and author of five books on walking and fitness. He’s the creator of the Walking for Health and Fitness® programs and the STRONG Through Prostate Cancer™ Method. Frank specializes in helping beginners and individuals in recovery rebuild their strength, energy, and confidence through simple, sustainable walking routines. His work focuses on making fitness accessible, practical, and life-changing.”

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## SIGNATURE MESSAGE

“Walking isn’t just exercise—it’s where recovery begins.”

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## PODCAST

### [Walking for Health and Fitness Podcast](#)

Available on YouTube and major podcast platforms

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## BOOKS

Author of five books including:

- *Walking for Health and Fitness*
  - *Fitness Walking and Bodyweight Exercises*
  - *Walking Inspiration*
  - *The Walking Logbook Journal*
  - *Walking Works*
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## PROGRAMS

- Walking for Health and Fitness® Program
  - Walking Works (Beginner Walking System)
  - STRONG Through Prostate Cancer™ Method
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## AUDIENCE TAKEAWAYS

Listeners walk away with:

- Simple, actionable fitness strategies

- A renewed sense of motivation and clarity
  - Tools to rebuild consistency after setbacks
  - A practical path to better health through walking
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## **BOOK FRANK**

Frank is available for:

- Podcast interviews
- Speaking engagements
- Health & wellness features
- Corporate wellness programs

**Website:**

<https://www.walkingforhealthandfitness.com>

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## **CLOSING POSITIONING LINE**

Helping people take the first step—so they can take back their health.

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## **TALKING POINTS / SUGGESTED QUESTIONS**

Hosts may choose any of the following:

### **Prostate Cancer & Identity**

- What do men struggle with most *after* prostate cancer treatment?
- Why do many men feel weaker or less confident even after “successful” treatment?
- How does prostate cancer impact identity, not just the body?

### **The STRONG Framework**

- What does STRONG stand for?
- Why did you create the STRONG Through Prostate Cancer™ Method?
- How is STRONG different from standard recovery advice?

### **Movement & Walking**

- Why walking is one of the most powerful tools during and after treatment
- How men can rebuild strength without overtraining
- Why “rest only” can actually slow recovery

### **Mindset & the Mental Battle**

- What is the “mental battle” men face during cancer?
- Why strength doesn’t return by accident
- How structure restores confidence

## **STRONG 2.0**

- What does “STRONG 2.0” mean?
  - How men often become stronger in new ways after cancer
  - The opportunity hidden inside the cancer experience
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## **Recent Guest Appearances**

### **Leverage with Daniel Tolson**

**The Big Exercise Lie: ‘No Pain, No Gain’ Nearly Destroyed Me with Frank Ring**

<https://www.youtube.com/watch?v=dUR9pq1gVLI>

### **Pulsebeat Podcast with Josh Hewlett**

**The Power of Walking: Frank Ring’s Cancer Recovery Journey**

<https://www.youtube.com/watch?v=W70eG-rVeI4>

### **Living the North Jersey Lifestyle with Betti Russo**

**The Simplest Fitness Hack Everyone's Talking About**

<https://www.youtube.com/watch?v=509l-RAI8VY>