

A man in a grey t-shirt and dark shorts is running on a treadmill in a gym. The treadmill is black and silver with a control panel. The background shows a window with blinds and a pink wall.

4 TIPS

TO OPTIMIZE YOUR TREADMILL RUNNING OR WALKING WORKOUT

FOR BEST RESULTS

Treadmill workouts don't have to be boring! Follow along with our top tips to make each session on your treadmill **intentional, effective, and more fun.**

1 INVEST IN A GOOD PAIR OF RUNNING SHOES

Invest in a shoe that's right for your foot and your body so you can stay injury free and approach each workout with the best foot forward.

2 GET ON A REGULAR SCHEDULE

Regular consistent workout sessions are essential to see results you're after. Set a schedule and stick to it!

3 MAKE EACH SESSION INTENTIONAL

If you want to take your fitness to the next level, it's important to come to each session with intention. Each workout should be focused and with a particular goal in mind.

4 BUY THE RIGHT TREADMILL FOR YOU

If you plan to regularly walk or run at home, then it's important you invest in a treadmill that's appropriate for your goals and needs.

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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability What's Free and Cheap in New York Vincent Frontero, 1991 **Fitness Walking** Robert Sweetgall, James M. Rippe, Frank I. Katch, 1985 An exploration of walking with Rob Sweetgall Dr Rippe and Dr Katch in a 50/50 walk for the health of it Walking is an exercise you can fit into any lifestyle and requires very little in the way of special equipment to enjoy It can be done at aerobic levels that will make you feel more energetic strengthen the heart *The Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton, 2007 **Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit *Heavyhands Walking* Leonard Schwartz, 1987 *Walk, Jog, Run, for Wellness* Patricia A. Floyd, Janet E. Parke, 1990 **Walk for Health** Prevention Magazine, Prevention Magazine Editors, 1991 **Walking Medicine** Gary Yanker, Kathy Burton, 1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems *Therapeutic Gazette*, 1901 *Walk Aerobics* Les Snowdon, Maggie Humphreys, 1996-06 *Pulmonary tuberculosis and its etiology and treatment* David Chowry Muthu, 1922 *Pulmonary tuberculosis* David Jacob Aaron Chowry Muthu, 1922 **Army & Navy Life and the United Service**, 1907 Canada Medical and Surgical Journal George Edgeworth Fenwick, Thomas George Roddick, George Ross, 1908 *Tcoy7 Ocps Special Sale* Donald Vickery, 2003-04 **YMCA Walk Reebok Instructor's Manual**, 1996 *Transactions of the American Neurological Association*, 1916 **Physical Culture**, 1904 *The Lancet*, 1904

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