

A man in a grey t-shirt and dark shorts is running on a treadmill. The treadmill is black and silver with a digital display. The background is a bright, modern home gym with large windows and a wooden floor.

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.

Walking Workout Discount

Leslie Sansone

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the Leslie Sansone text bar.

Walking Workout Discount:

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 THERAPEUTIC EXERCISE AND MESSAGE C. HERMANN

BUCHOLZ, 1917 **A Manual of Therapeutic Exercise and Massage** Carl Hermann Bucholz, 1917 Bouve collection

Self-expression and Health Emily Montague Mulkin Bishop, 1895 **Diseases of the spinal cord** Richard Thomas Williamson, 1908 Americanized Delsarte Culture Emily Montague Mulkin Bishop, 1892 *The Journal of the Kansas Medical Society* Kansas Medical Society, 1920 The Treatment of tabetic ataxia by means of systematic exercise Heinrich S. Frenkel, 1902 **The Treatment of Tabetic Ataxia by Means of Systematic Exercise** H. S. Frenkel, 1917 *Course of Study in Health and Physical Education* Maine. Office of state commissioner of education, Nellie Woodbury Jordan, 1928

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The Practice of Pediatrics Charles Gilmore Kerley, 1918 The Art of preserving health Charles Gilman Currier, 1893

Outlines of Practical Hygiene Charles Gilman Currier, 1905 **Bottom Line's Smart Consumer How to Get the Best Deals Anytime, Anywhere** Boardroom Books, 2002 **Pulmonary tuberculosis** Maurice Fishberg, 1919 *Bulletin* Pennsylvania. Department of Public Instruction, 1925

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