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Weight Loss by Treadmill

By Paul Reeve

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by: **Paul Reeve**

Weight loss using a good Treadmill workout program has worked for many people – and it can work for you too.

Treadmills can be used by virtually any age group, and by individuals of any activity level. Treadmills can help you lose weight, and maintain your weight loss.

It really is a numbers game. The more time you spend doing cardiovascular exercises the more calories you are going to burn and the more weight you will lose. And if you are looking for fitness equipment that will get the maximum burn, then a treadmill should be at the top of your list.

The treadmill is unsurpassed for a cardiovascular workout. According to a study done by the Medical College of Wisconsin and the VA Medical Center in Milwaukee, calories burned on the treadmill for 60 minutes averaged 865 – 705. This compares to:

Stair machine 746 – 637

Rowing machine 739 – 606

Stationary cycle 604 – 556

Cross-country ski machine 678 – 595

·This is one of numerous studies, that rank a treadmill as the number one cardiovascular machine.

Here are a few steps you can take to develop your own weight loss treadmill program:

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Find ways to make your Treadmill session enjoyable, by listening to music, books on tape, or teaching tapes. Or, some people prefer to just enjoy nature and life around them, and the time to think, pray, or just let their mind wander. The more you enjoy your Treadmill workout, the more likely you are to workout consistently.

Make it a DAILY habit – just like brushing your teeth. Working out on your Treadmill daily makes your weight loss ambitions much more likely to succeed than if you are working out two to three days a week. And, most people that make the switch will tell you that it's easier to workout every day. You don't have to think about whether it's a workout day or not and get geared up for it – you just do it every day and your body gets used to it. It soon becomes a normal part of your day and you begin to look forward to it.

Incorporate "intervals" into three or four of your Treadmill sessions each week. Intervals are brief periods (about one minute) of more intense exercise mixed into your Treadmill sessions. For example, you would do a one minute interval of faster walking about every five minutes throughout your exercise

session.

Here's how it will look; you'll start with your normal three to five minute warm-up and then five minutes into your walk you do your first interval, one minute of faster walking (or perhaps jogging). At the end of that minute you should be "winded" and ready to slow down. You'll slow down to your normal walking speed for the next four minutes and then your fifth minute is another one minute interval. This pattern continues throughout your exercise session.

Intervals increase your aerobic fitness level by "pushing the envelope." While doing your interval you cross the anaerobic threshold into anaerobic metabolism, forcing your body to become conditioned to more intense exercise and making it a better weight loss program.

Intervals increase your basal metabolic rate (BMR), causing you to burn more calories 24 hours-a-day, and intervals can make your exercise less monotonous and help the time pass more quickly.

If you're not weight training, walk on your Treadmill with light (one to two pound) hand weights two to three days per week. Swing your arms and also use a variety of arm movements while walking to tone your upper body muscles and further increase your basal metabolic rate.

If at all possible, do your Treadmill workout first thing in the morning. Over 90% of people who workout consistently, do so first thing in the morning. If YOU want to exercise consistently, odds are in your favor if you hop to it early.

Make one day a week your "easy day." Make this a very leisurely workout. Appreciate how good your walks are starting to feel as you lose weight and tone your muscles.

Keep a record of your workout. There's something very motivating about seeing your workout accomplishments and paper. Record the date and time-of-day of your workout, and the distance and/or time you walked. Keep a running total of the miles or minutes you've walked. Also, record your

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thoughts or feelings for that particular workout.

By taking these steps you're making this time each day a special time to take care of yourself. Make that a priority in your life and don't let anyone or anything keep you from that time. Working out on your Treadmill every day will help you achieve your weight loss goals and have a positive impact on all aspects of your life, including fitness level!

So, from the simple perspective of weight loss, the treadmill is by far the best exercise machine given its significantly associated energy expenditure. Treadmills have consistently provided quality results and lasting benefits. Treadmills allow you to work at your own pace, but don't allow you to slack off. You'll be able to burn calories effectively and reach your weight loss goals. It's that simple.

If you're in the market to seriously educate yourself about treadmills, visit

where you can obtain more detailed information.

Paul Reeve is a Personal Trainer responsible for training individuals one-on-one and assisting them in achieving their health and fitness goals and providing them with guidance, support and motivation. Presenter and lecturer for Fitness Professionals, Sports Organizations, Sport Coaches, Corporate and Community Organizations. Webmaster for

– providing informed advice on

exercise treadmills.

Boost your health by choosing the perfect treadmill

By Jocelyn Woodbury

Treadmills are very popular methods of exercise. These exercise machines have been helping people lose weight and get in shape for many years now. Buying a treadmill is not hard but if you have ever done it, you know that it can be expensive. It is an investment you will greatly benefit from but you need to choose carefully before you buy. There are many reasons why you would choose a treadmill for yourself. You can improve your fitness and your health. You can build and maintain your fitness level all in the comfort of your home. However, you also need to be sure that before you buy a treadmill and begin a training program that you do it in the correct way to remain safe and healthy.

Before you purchase a treadmill you need to know what features to look for to be sure you are getting the best one for you and your needs. Some things to look for are:

The Motor: A motorized treadmill has an inbuilt motor that makes the belt and lift operate. A bonus of motorized treadmills is that they let you raise and lower the incline easily. With motors you can change

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the pace of your workout how you need it to be.

Horsepower: The horsepower is the measure of the treadmill motor. The continuous horsepower is how well the treadmill can work without lagging. The peak horsepower is how much power the treadmill has for short bursts.

Incline: The incline is used to mimic the natural human style of walking or running. Manual incline lets you change it yourself by speeding up your pace. A power incline lets you adjust the incline while you are walking or running.

Belts and Decks: A thicker belt gives you more cushion for your legs and joints. Short belts give you a faster pace and some people prefer these.

Speed: When you think of a treadmill, you often think of the speed. Most go from 0 to 10 MPH.

Computer Controls: Treadmills all have some type of computer control to keep them going. Many have odometers and speedometers and some even have pre-programmed workouts.

Jocelyn Woodbury is the owner of DP

which is a premier source of information about

Treadmills. For more information, go to: <http://dptreadmills.com>

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