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Why Treadmills?

By Paul Reeve

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by: **Paul Reeve**

Treadmills have experienced substantial growth over the years. They are designed to enhance the most popular form of exercising – running and walking. Treadmills are built on the basic premise that the more effort you put in, the more you will get out. As other fitness equipment and gimmicks gather dust, treadmills continue to gain popularity and get results.

The two most popular forms of exercising are running and walking. Whether you are a casual walker or a serious runner, a treadmill can accommodate your exercise needs. Set the speed and incline to suite your desired cardiovascular goals. You can do a power walk up an incline or a heart pumping run at high speed.

The treadmill is unsurpassed for a cardiovascular workout. It works the large muscles in your body. According to a recent study calories burned on the treadmill for 60 minutes averaged 865 – 705. Contrast that with; The stair machine (746–637), rowing machine (739–606), stationary cycle with levers (709–509), cross-country ski machine (678–595) and the stationary cycle (604–498). As you can see from the figures the treadmill is unmatched for burning calories.

Treadmills can guarantee a consistent workout in all seasons. In warm or wet regions, you don't need to be concerned about heat exhaustion in hot and humid weather.

For walkers and runners alike, injuries are common from the constant pounding of joints on asphalt and concrete. Particularly higher end treadmills offer surfaces that absorb impact and reduce pressure. Injuries are less common and stress is reduced on those critical joints. Achilles tendons, knee joints, back muscles, ankles, thighs take less of a beating, which guarantee that you'll continue to walk or run into your old age.

As treadmills become more sophisticated so does the versatility of the workout. Speed and incline have always been a feature on motorized treadmills, but now your workout is enhanced by a variety of

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preprogrammed computerized exercises. Simulate running up and down hills, focus on cardio exercise, concentrate on burning calories, or work on speed training. Often treadmills have preset programs with various levels of intensity. In addition you can program your own workout, combining speed with incline.

A good treadmill is a balance of power, stability and fun. Your ability to find the right treadmill will depend upon why you want one and how much you can pay. Buy the best machine you can afford paying attention to the following features:

Frame: High alloy steel is usually more durable than aluminum, however they are heavier and must be coated to protect the treadmill from rust. Get on the treadmill, if it feels wobbly and flimsy, then it is. Selected a welded frame over a bolted one and avoid all plastic frames.

Hand Rails: The location of the hand rails is a matter of preference. Whether you desire a handlebar in front or two side rails, be sure they are sturdy and don't get in the way of your arm swings.

AC or DC Motor: Most home units are DC, but commercial treadmills may have either AC or DC. AC motors tend to be noisier and generally require a dedicated power line.

Horsepower: Check for the continuous-duty rating for the motor's true horsepower. Anything less than 1.5 continuous-duty horsepower can quickly be worn out.

Speed: Most treadmills run from 0 to 10 mph. A good treadmill will match the pace you feel comfortable walking or running. A safe starting speed of 0.5 mph or less is also very important for safety reasons.

Belt: Be sure the length of the walking/running surface is long enough for your longest stride. The width of the belt should be no less than 16" from a wear and tear standpoint as well as comfortable striding. Be sure you can comfortably reach the treadmill controls without stepping on the motor housing as well.

Deck: This is one of the critical quality elements of the treadmill. Quality decks shouldn't need much maintenance and they operate at a low temperature.

Impact Resilience: This is the treadmill's ability to absorb the force from the impact of your feet. The lower the impact on your body, the better.

Incline Adjustment: There's a variety of ways to adjust the incline of a treadmill, from the automatic incline which changes depending upon your heart rate, to pushing a bottom on the console, to the less sophisticated methods of a manual hand crank or manually setting pins. Quality electronic incline adjustment shouldn't be noisy or cause the treadmill to shake at any grade.

Control Panel: Generally computerized panels are standard on most treadmills. They range from basic and simple to the complex and fully programmable. It all depends on what bells and whistles you want. Price is influenced by the control panel options, so purchase only what you will regularly use.

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Heart Rate Monitors: This is generally an optional feature. Accuracy varies widely with the ear and finger clips being less accurate than the chest strap monitors.

Price: Keep in mind, you get what you pay for. You're going to invest \$1,000 and up in a good quality motorized treadmill. Spending this kind of money ought to motivate you to do your homework and purchase wisely.

Of course buying a treadmill is just the beginning. You won't lose weight looking at it. It is important to get yourself on a regular routine. The more time you spend on it, the more calories you burn and the more weight you lose. Find a fitness program that works for you. Depending on your preference, you could combine your workout with music, television or videos.

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

www.treadmilladviser.com

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

www.treadmilladviser.com

– providing informed advice on

exercise treadmills.

Your Way To Health Inside And Out With A Treadmills

By John Francis

Treadmills offers a great alternative to walking outside as well as much more versatile than outdoor walking especially in choosing your terrain and walking attributes. Treadmills are a great investment because they are easy to setup, and use. There is no special training when using a treadmill that might be necessary when using weight training equipment or other fitness machines. The price of treadmills is going to vary quite a bit. For a low end model of a treadmill the cost is going to range from 300 to 2000, for the high end people can easily drop over 5000 dollars for a deluxe model. The price varies usually due to the computer system that is present with in the treadmill. Many treadmills of the feature of recording stats including heart rate, time, calories, fat, and distance. Another feature which should be taken into consideration is the horsepower of the treadmill. For the average consumer a treadmill should offer a continuous duty rating. While some treadmills may brag about their peak horsepower which could be extremely high this means at ideals conditions the treadmill might be able to achieve

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that. There for it is most important to know what the motor of the treadmill can be regularly and consistently. Treadmills can also be very noisy. If noise is a concern for you then seek out treadmills which have DC motors which are significantly quieter than the alternatives.

Treadmills should be strong and stable. When you are testing out a potential treadmill for purchase make sure you are dressed as if you are actually going to exercise and wearing your running shoes. Check the rails to make sure they are properly secured and you can easily wrap your hand around them. Other things to check is if the running path and belt are large enough for you to run on. Another great feature of treadmills is that they are programmable and can be preset. This is a great way to make your exercise experience more enjoyable. Also a bottle holder and magazine rack are handy conveniences when doing a daily workout.

Take into consideration the amount of space you have to devote to your treadmill this will determine which type of treadmill is best for you. Remember to measure your space and bring home the dimensions of the treadmill first. Most exercise equipment looks small on the sales floor but can be too big for a normal sized room. Many treadmills fold up, if you are seeking a fold up model measure the space you have to house it and buy accordingly.

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