



January 2010

Treadmills: Getting the Best Results



If you are new to working out on a treadmill, you will want to make sure that you not only get the best results but also that your program is a safe one. Whether you are an avid outdoor runner who wants to transition to the treadmill for indoor exercise or a complete exercise beginner, you might ask the following questions before purchasing or using this piece of equipment:

- **How far can I safely run?**
- **How fast should I be walking or running?**
- **What incline should I use?**
- **How do I know if I am working too hard?**

While outdoor running is exhilarating, it involves such challenges as bad weather, joint stress and safety. Treadmill running tends to be more forgiving on the body because it does not have the energy costs of running against wind and outdoor elements. However, it is generally best to start slowly on the treadmill, keeping a routine similar to your outdoor run but cutting back 10–20% during the initial couple of months.

If you are new to running and your doctor has given you clearance to start using a treadmill, we can help you reach your goals, whether you want to achieve

- **weight loss**
- **better endurance**
- **toning**
- **improved heart health**

We can answer any questions you may have regarding this type of exercise. We will assess your current fitness level and design a program to give you the best results from the treadmill. With our support, you can feel confident that, as your fitness improves, your program will progress with it, helping you to reach your full potential.