

10 Ways to Improve Your Treadmill Workout

Using a treadmill is a good way to get aerobic exercise. Find out how to get the most of your treadmill workout.

Whether you exercise in a gym or in your family room, a treadmill is a great way to get aerobic exercise, one of the key components of regular physical activity that can help you live a longer and healthier life.

"On those days when you can't walk or run outside due to heat, cold, or rain, treadmill exercise can offer the same benefits plus the added benefit of being able to add hill-specific workouts and pacing strategies

Treadmill Training Tips

A treadmill can help you lose weight, make your bones and muscles stronger, relieve depression and stress, and lower your risk for diabetes, arthritis, heart disease, high cholesterol, high blood pressure, and colon cancer.

10 tips to maximize your treadmill workout:

1. Use your treadmill at 1 percent incline to get the same workout as running or walking outside on a flat surface.
2. Ignore all the "fat burning" and "cardio training" charts on the treadmill equipment. The key to burning calories is distance, not intensity. The longer or farther you go during your treadmill workout, the more calories you burn.
3. Adding time and intensity at the same time can increase your risk for injury. When you are starting your treadmill program, gradually add time to your workout first. You can increase intensity later by adding speed or increasing the incline of your treadmill.
4. Once you have built up your time on the treadmill, the best way to improve heart fitness is interval training. Do this by keeping the same speed and

adding some incline or by just adding more speed. You can change the time, speed, and incline to get some variety into your workouts.

5. Use music or television to help with your interval training. Work harder on every other song or during the commercials.

6. Challenge yourself by monitoring your fitness. Record your heart rate at different grades and speeds after a set amount of time. After a few months you should see your heart rate numbers decreasing; then you will know you are making progress.

7. Music is a great motivator. You can search the Internet under "treadmill music" and find songs that actually match different levels of treadmill exercise to the beat of the music.

8. Maintain the right form on the treadmill: good posture, shoulders back, and your head looking forward, not down at the floor. Relax your hands and let your arms swing naturally. Keep the same length stride as you would outside. Don't let your strides get short and choppy.

9. Pay attention to where you are on the treadmill. Don't drift to one side or backwards on the belt.

10. Don't be afraid to run: There is a built-in "spring" in the treadmill that will cushion your strides.