

Treadmill Walking

Walking on a Treadmill can burn just as many calories as walking outside.

It will help you get fit and lose weight and exercise those muscle groups in your thighs, legs and arms.

Treadmills have various readings and programs that show your heart rate, your walking speed, and the calories you have lost. Most of them are very simple to use.

Walking on a treadmill feels quite different from walking on the road as the surface is soft and bouncy, which of course puts less strain on your joints. To use as much energy as road walking you should set the treadmill to an incline of 1%.

You can adjust the speed to suit yourself but do make sure it is not too fast, as that will make you hold on to the bar and therefore use less energy – remember - look straight ahead and swing your arms as you would if walking on a path.

Benefits of walking on a Treadmill.

It is safe - you can do it in the safety of your own home or gym

Whatever the weather is outside - you can walk, so no excuses such as it's raining, snowing or too hot!

If you are affected by hay fever or allergies then walking on a treadmill inside protects you.

It is convenient and you can do two things at once for instance:

Listen to music

Watch the television

Watch a video

Read a book, yes you can get book racks to fit on treadmills

Listen to language tapes.



If you are embarrassed about your weight or just prefer to do your own thing in the privacy of your own home then a treadmill will suit you.

Points to note.

Treadmills cost money!

Joining a gym costs money!

It is good to get outside in the fresh air.

Place your treadmill by an opening window so you can benefit from the sunlight and/or cooling breezes.

Walking outside improves your balance as you constantly adjust your stride to take account of stones/rocks/curbs etc.

You may get bored, going nowhere!

Treadmills are great for walking on and getting you fit so use them at home or in the gym, but remember the paths outside are **free** and just as good for you!

[Enjoy your walking](#)