

A man in a grey t-shirt and dark shorts is running on a treadmill. The treadmill is black and silver with a digital display. The background is a bright, modern home gym with large windows and a wooden floor.

# 4<sup>TIPS</sup>

## TO OPTIMIZE YOUR TREADMILL RUNNING OR WALKING WORKOUT FOR BEST RESULTS

Treadmill workouts don't have to be boring! Follow along with our top tips to make each session on your treadmill **intentional, effective, and more fun.**

### 1 INVEST IN A GOOD PAIR OF RUNNING SHOES

Invest in a shoe that's right for your foot and your body so you can stay injury free and approach each workout with the best foot forward.

### 2 GET ON A REGULAR SCHEDULE

Regular consistent workout sessions are essential to see results you're after. Set a schedule and stick to it!

### 3 MAKE EACH SESSION INTENTIONAL

If you want to take your fitness to the next level, it's important to come to each session with intention. Each workout should be focused and with a particular goal in mind.

### 4 BUY THE RIGHT TREADMILL FOR YOU

If you plan to regularly walk or run at home, then it's important you invest in a treadmill that's appropriate for your goals and needs.

# Walking Workout Tips Install

**Sian Ryan, Helen Zulch and Peter  
Baumber**



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*No walks? No worries!* Sian Ryan, Helen Zulch and Peter Baumber, 2016-08-23 Meeting a dog's physical mental and emotional needs during a period of limited mobility can help reduce the possibility of future behaviour problems alleviate some of the stress of caring for a less active canine and help aid recovery Encouraging owners to reflect upon and take into account their dog's individual requirements in advance of surgery or other lifestyle limiting event the book also contains information and advice about appropriate activities that owners can introduce to their dog's daily routine whilst walks are limited

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**Clinical Aspects of Aging** William Reichel,1989

**PC Magazine** ,2002

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