

## Running Treadmill



### Is a treadmill better than actually running?

There's no doubt that running has always been an excellent form of exercise. All you need is the right clothes, good running shoes and somewhere to run. And yet you'll find at least one electric treadmill in practically every gym in the world, for running indoors, on the spot. Why do people pay for them if the natural alternative is free?

The truth is that they are different experiences. When you run outside, you encounter a range of different terrains, including flat and sloping surfaces, pavements and grass, fresh air and varied weather conditions. However, the latter isn't always a blessing.

A running machine gives you much greater control, which is extremely useful for those with precise training regimes, people recovering from injury and, in fact, anyone who wants to measure their progress accurately. A good quality running treadmill has an extensive range of settings including speed, angle and resistance while the running belt itself is designed to absorb impact and protect your feet from the injury that hard surfaces can cause.

It's impossible to claim that one is better than the other but running on an electric treadmill does have significant practical advantages.

### Is a treadmill good for weight loss?



Any kind of exercise, even a brisk walk, is good for your health and because it involves the burning of energy in the form of calories, it is also helpful if you want to lose weight. Aerobic exercise is the best of all because it also strengthens the cardio-vascular system and tones muscles. Running is one of the best types of aerobic exercise you can do.

Devotees claim that outdoor running is better because of the variations in terrain, gradients and wind resistance, all of which use up more energy and introduce a welcome variety. However, a running treadmill allows you to plot a sequence of changing conditions that perfectly mimic the natural environment, albeit without wind or rain or too much sun. The safety and convenience of being able to exercise in a gym is a major positive. Alternatively, it's easy to do it at home: even if space is limited, you can invest in a folding treadmill that is easy to store away between uses.

### How long should you run on a treadmill?

There's no single answer to this question. As with all exercise, it's important to push yourself as far as possible without overdoing it or risking injury. If you're new to regular exercise, then it's advisable to use a running treadmill for just 15 minutes at a time on a fairly low setting. You may not even need to do this every day. As you grow accustomed to it, you should aim to increase to about 30 minutes a day up to four or five days a week, which is sufficient to maintain a healthy weight. To see major improvements in your fitness, you need a more vigorous programme of perhaps 150 minutes a week at high intensity. If you're in training for an event, you'll need to up your game still further.

### Advantages of running on a treadmill

Running is good for you in any form, but what does a running machine give you that you don't get from the natural environment? Convenience and comfort are major factors, particularly in terms of weather and temperature. It's also safer because you're less likely to suffer from dehydration. It is also much kinder to your joints because every machine, even the smaller folding treadmill you might use at home, provides the kind of cushioning and support you don't get out of doors. Aside from these physical benefits, you can also multitask. Using headphones on pavements can be dangerous - on your treadmill you can happily listen to music and podcasts. You can even watch television or read a book.

