

4 TIPS 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.

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Catalog of Federal Domestic Assistance ,1988 Identifies and describes specific government assistance opportunities such as loans grants counseling and procurement contracts available under many agencies and programs **The Lancet** ,1904

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