

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>T</sup> 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.

# Walking Workout Discount

**Robert Sweetgall, John Dignam**



## **Walking Workout Discount:**

The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **What's Free and Cheap in New York** Vincent Frontero, 1991 Tcoy7 Ocps Special Sale Donald Vickery, 2003-04 *Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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

*Pulmonary tuberculosis and its etiology and treatment* David Chowry Muthu, 1922 **Pulmonary tuberculosis** David Jacob Aaron Chowry Muthu, 1922 Canada Medical and Surgical Journal George Edgeworth Fenwick, Thomas George Roddick, George Ross, 1908 *Transactions of the American Neurological Association* ,1916 **The Walker's Journal** Robert Sweetgall, John Dignam, 1986 *The Video Source Book* David J. WEINER, 1990 **The Cheap Bastard's Guide to New York City** Rob Grader, 2002 Tuberculosis; a Treatise by American Authors on Its Etiology, Pathology, Frequency, Semeiology, Diagnosis, Prognosis, Prevention and Treatment Arnold Carl Klebs, 1909 **Walk Your Talk** Kare A. Anderson, 1994-03 **Journal of the Outdoor Life** ,1921 *The Hospital Bulletin of the Department of Public Charities of the City of New York* New York (N.Y.). Department of Public Welfare, 1916 **The Journal of the Kansas Medical Society** Kansas Medical Society, 1920 **Painstoppers** Norman D. Ford, 1994 **Folia Therapeutica** Adolf Baginsky, Jacob Snowman, 1909

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