

## Treadmill Buying Tips

We can see number good treadmills available for home use. And you will likely spend a good amount of money for a quality motorized treadmill, if you choose wisely; your investment will last a very long time. Choosing a treadmill is easier if some basic points should be taken care off.

Utmost important thing is to try it out first. Trainers do not recommended that you buy a treadmill sight unseen or without actually testing it out the way you intend to use it at home. We must answer some questions while making your treadmill purchase decision firstly is the machine stable and is the belt at least 18 to 20 inches wide and 48 inches long? Small, short running belts are not recommended due to tripping or falling hazards. Is it with an emergency shut-off? Is it equipped with side rails or safety bars that are reachable, sturdy, and out of the way of swinging arms? Reputation of manufacturer must be taken care of. Does it carry warranty and what is included in warranty? And last bur not the least what is the expected maintenance and service?

Do read all the directions that came with the treadmill. Always set up your treadmill away from walls to avoid injury due to falls. And be sure that the back of the treadmill has at least six feet of clearance from a ledge, wall or window. Available power cord should be out of the way of foot traffic to avoid tripping or getting stepped on. Until you get on the treadmill, check out all the controls. Do speed it up, slow it down, increase and decrease the incline and test the emergency off button. Before you are comfortable on the treadmill, use the hand grips for balance and start with walking only. Always test the emergency shut-off a few times so you are familiar with it should you need to use it.

Always pay attention to your posture and avoid leaning on the bars. Do look forward, not down at your feet. Try to relax and maintain the normal stride. Never take baby steps and try to stay centered in the middle of the belt. Try to avoid drifting sideways or falling too far back on the belt. Between few sessions you will find the sensation of walking without going anywhere quite comfortable. Always keep in mind that just like any other new skill; you need to develop a routine in order to make it a habit. Always set up a specific time of day, set a specific number of minutes to make it part of your day and soon it will be a comfortable habit.

## About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

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