

Which Treadmill Will Meet Your Needs?

Unfortunately this scenario seems to happen to many of us. While at the sporting goods store you buy a great looking piece of exercise equipment on impulse. Of course impulse buys rarely end like one thought at the time of the purchase. However if you take the time to think about your exercise needs you can more readily find a treadmill that is right for you. This might put you on your way achieving fitness in the privacy of your own home.

It is best to give careful consideration to what you want before you actually buy a treadmill. You should ask yourself some questions. Do you plan to use it for walking or jogging? What is your price range? Do you have space constraints for your exercise equipment? Many people have bought a lovely treadmill that did not fit anywhere in their apartment. Some of them collecting dust in a storage shed somewhere.

The next step might be to make the shopping stops around town. The best places to do your shopping would be at a fitness store rather than a general sports store. The fitness store employees will tend to be much better versed in their products than employees who have to deal with a wide variety of sporting goods such as fitness equipment, camping equipment, sports equipment, etc.

Do you need a motor in your treadmill? Perhaps the most important thing to look for in a treadmill is the motor. It is prudent to get the most motor you can for your money. The larger and heavier motors tend to last longer. Also they will not get as hot while you are exercising. If you plan to use your treadmill for walking only, you can get away with a smaller 1 to 1.5 continuous horse power. However if you plan to run or jog, you will want to get a motor in the 2 to 3 continuous horse power range.

Remember it is important to consider the deck thickness and walking track. You do not want to buy a treadmill that does not properly support your joints thereby causing you pain during and after using it. Therefore it is important to make sure that the deck is thick enough to adequately cushion your ankles, knees, and hips. Three fourths of an inch thickness is probably okay for walking while running will require at least an inch thickness and padding for the deck. If you know you have joint problems or are heavy then you should get all the cushioning you can afford. You will need a walking track that is long enough to accommodate your stride without your need to shorten your gait. The track should also be wide enough to provide you a comfortable walking area. If you are not comfortable in your stride you may develop joint problems due to awkwardly changing your gait.

Be sure to give it a good try in the store. It is absolutely necessary for you to find what works best for you before you make your purchase.

Be sure to consider the electronic board options. Most treadmill manufacturers provide electronic boards with various options. Many of these are merely added features to increase the overall price. By carefully considering your needs this area is one where you can save some money. Most people are quite happy to have features that include distance walked, calories burned, speed and incline and time elapsed. A heart monitor is something many people never use as are other options.

You can find the treadmill that meets your needs. You just need to shop patiently and keep your needs in mind. You should also be able to find one within your price range.

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About the Author

Jerry Cahill, marathoner and publisher of related information. Check out his website at: <http://www.exercisestreadmill.com>