

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>TIPS</sup>

## 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

**United States. Office of Management  
and Budget**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the text box.

## **Walking Workout Discount:**

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