

Treadmill Information

From American Home Fitness, 3905 Baldwin Road, Auburn Hills 48326

When making the decision to purchase a treadmill for our home training, answer the following questions, and keep the following key points in mind:

1. What are my fitness goals?
2. Have I set long term and short term goals?
3. What has worked for me in the past?
4. What is my level of commitment to running, walking, exercise in general?
5. How often do I plan to use my treadmill?
6. What do I expect my treadmill to do for me?
7. Will I mostly be running or walking?
8. What is my current exercise routine like?
9. What kind of experience do I have with treadmills?
10. Do I have any injuries?
11. Do I have a space picked out yet for the equipment? Do I have space restrictions?
12. Do I need my treadmill to fold up or be easily moved?
13. When do I plan on starting to incorporate the treadmill into my training?

Key Points to Choosing a Treadmill

- Wear proper workout shoes and comfortable attire when test them out.
- You'll want to get up to training speeds to really feel if the treadmill is going to work for you.
- Don't be surprised if the fitness consultant at the store asks you a million questions. They want to make sure they're helping you find the treadmill that best fits your needs.
- Spend at least 5 minutes on each treadmill that you are really considering. Then if it comes down to the last two, plan on spending about 20 minutes on each of them.
- Don't look at features as "bells and whistles". Keep in mind your specific fitness goal. Is there a feature on a treadmill that will help you get there faster, or with less risk of injury?
- Don't settle. You're making an investment in a piece of equipment that will be with you for a long time. Make sure you're getting what you want and need.

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