

## Enjoying Treadmills

When we talk about life in general, "being on a treadmill" implies monotony. But while in the outside world "going nowhere" is a negative, for a cardio workout not having to go anywhere is treadmills' advantage you can run without dealing with weather or traffic - and, if you're one of the many who have treadmills in their homes, without even getting dressed. For those who find working out on treadmills boring, there are plenty of things that will help the time pass more quickly. If you want distraction from your workout to make it go more quickly, you can read - but only if you're walking at a reasonably slow pace. Watching TV or movies is a good choice - that's why you see many health club treadmills facing a TV screen. If you want the illusion of being outdoors, try one of the many available videotapes that are made for simulating running or walking indoors. Listening to music is another good distraction for treadmills. If you need help keeping your pace, you can buy CDs or audiocassettes that keep specific beats. Books on tape are another good choice for making the time go by when using treadmills. If you set aside an audio book, or movie, to only use when it's treadmill time, it will give you an added incentive to jump back on. If you are a home-treadmill user, how you situate your treadmill can also make your treadmill time more pleasant. If you don't want to face a video screen, face a window and watch the world go by. If that's not possible, surround yourself with plants, art, or family photos to create a pleasant setting.

## About the Author

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