

Buying A Treadmill? - 3 Reasons Not To

Considering the purchase of a treadmill? If you are thinking about getting the benefits of a little running with the use of a treadmill, think again. There are several reasons why you should not use them. The fact is that you have several other opportunities out there for you. If you plan to exercise, you can purchase whatever exercise equipment you need to do so. But, don't waste your money. Here are some facts that you should consider.

Why Not To Buy It

- 1. The pain-** If you have used a treadmill in the past, you are probably well aware of the pain they can cause. The surface you are running on is hard and the impact can do some real damage to your body. Not only are you likely to feel it in shin splints but you'll feel it in your knees as well as in your lower back. The fact is that you are doing well for your body but you are also doing bad for your body. Trading weight loss or muscle gain for back aches and sprained knees in return may not be the best way to go.
- 2. Outdoors is better-** If you are the running type and can't live without it then do it outside. Not only is the clean air good for you physically, but the fact is that the changes in the incline is better running than any treadmill can provide. When you run around your neighborhood, you're more likely to have varying slopes, and the running path is likely to change course. This helps to push your heart just that much more. This is especially true when you use a different route each time you head out. You'll get a better workout and best of all - it's free!
- 3. Choose an Elliptical-** Okay, so you know why you shouldn't go with a treadmill but what do you use for indoor training then? If you are going to run, use an elliptical. Sure, it's not the same as running outdoors but it offers a much healthier way of exercising because of its lower impact on your body. Leave the treadmill at the store. Get out, or buy an elliptical instead and reap the rewards.

About the Author

Skills Matter trainers and course authors are leading industry thinkers, developers and computer science professionals who are constantly.

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