



Proper Way to Use Treadmills (I)

Apart from fitness bikes which our last issue of health information discussed, treadmills are also a kind of fitness equipment being popularly used by the working class. Same as fitness bikes, treadmills can also be used at regular gyms and homes without being unaffected by weather and routes. In this issue, we are going to introduce to our readers the information on treadmills.

Types of Treadmills

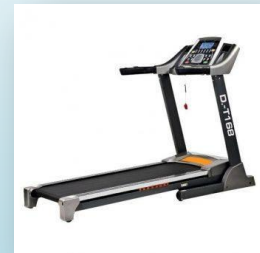
Manual Treadmills

- Smaller and lighter than motorised treadmills
- Generally equipped with a treadmill belt narrower than that of motorised treadmills
- In the absence of motor power, the treadmill belt is to be driven by runners' motions
- Running exercise must be halted before making any incline adjustment



Motorised Treadmills

- Treadmill belts powered by motors can set speeds for the runners (treadmills offer constant running speeds)
- Both the speed and incline can be adjusted anytime in the middle of a run without any stoppage
- The more advanced models of motorised treadmills are equipped with certain preset running programmes. Runners can choose programmes appropriate for their training needs



Safety Concerns on Using Treadmills

- Before use, ensure that all the parts, such as grips, display screens and treadmill belts, function properly
- Check the length and width of treadmill belts and make sure that normal running posture can be uphold so that tumbling and wounds could be avoided
- Ensure that your steps are steady instead of shaky when running on a treadmill belt
- The maximum weight carried by each treadmill is different. Runners should check before use and choose treadmills appropriate for their weights
- If a motorised treadmill is to be used, the users should learn how its emergency stop button works before use for safety sake

No matter using treadmill at home or at gym, the aforesaid safety concerns still hold great importance. Runners should always prepare well before use to ensure safety. Our next issue of health information will continue to introduce the information on treadmills to our readers.