


Proper Way to Use Treadmills (II)

In addition to the health information on treadmill types and their safety concerns introduced in the previous issue, we are going to share more on the dos and don'ts of using treadmills in this issue.

Dos and Don'ts of Using Treadmills

Precautionary Notes on the Use of Treadmills	
<ul style="list-style-type: none"> - Turn on your treadmill before stepping on it. Try with different speeds and inclinations to see whether it functions properly - Test the emergency-stop button and see whether it works well 	
Walking or Running Postures on Treadmills	
<ul style="list-style-type: none"> - Relax and swing your shoulders naturally during the course of running - Raise and incline your head slightly forward - Straighten your body and contract your abdomen - Face forward and avoid looking downwards to your legs 	
Stride Length	
<ul style="list-style-type: none"> - Relax and maintain a normal and balanced stride length. Do not change your stride length from time to time - Avoid reducing your stride length and refrain from taking short steps 	
Notes on Running on Treadmills	
<ul style="list-style-type: none"> - Pay attention to the position where you run on treadmill belt. Do not step on the sides of the treadmill belt - You may fall behind on treadmill belt when failing to maintain a constant running speed. Therefore, you should make adjustment by either increasing or reducing your speed to avoid accidents 	
Habit Development	
<ul style="list-style-type: none"> - If you wish to enjoy the benefits of doing exercises, you should develop a habit for working out with a good use of treadmill 	

Most motorised and manual treadmills are user-friendly and can be used at gym or even at home. Even though treadmills are easy to use, improper use of such will cause accidents to the users, e.g. tumbling and bumping. In this regard, precautionary measures should never be overlooked.