

Tips on How to Pick a Treadmill

1. Are you **walking** or **running** on the treadmill? This alone will determine your price range. Runners typically spend well over \$1,000 on a treadmill, walkers less!
2. Consider the **frequency** of use and the **weight** of the person(s) walking on the treadmill. Look for the treadmill manufacturer's user weight limits. Example: A person weighing 150 pounds walking 90 minutes/week will have less wear and tear on the treadmill motor, belt and deck than a person weighing 175 pounds who runs an average of 180 minutes/week. With more use and higher weight, you'll need to spend more!
3. **Do not under or over spend** on your treadmill because you will pay sooner or later. If you under-spend, you will pay sooner with frustration and labor and supply expenses. If you over-spend, you pay later because you won't use all the quality components, such as exercise programming, heart rate monitors, advanced components, etc.
4. Always make your decision based on **quality and value first** and **price second**. Generally speaking, you get what you pay for! So, if you spend less than \$500, be sure you have the best rated low-end treadmill.
5. Do your **homework**. Also, read the warranty, and consider shipping costs and taxes. Here are the top websites to help you decide:
The Treadmill Doctor: www.treadmilldoctor.com
Runner's World: www.runnersworld.com
Consumer Reports: www.consumerreports.com
Consumer Search: www.consumersearch.com
6. Don't forget treadmill **maintenance**. Periodically lubricate the deck and belt and vacuum the motor area and treadmill for dust – see the Treadmill Doctor website for more information on how to maintain and care for your treadmill.

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