

Fitness - Dec 20, 2004

The right treadmill for you: Treadmills are a safe and convenient choice for your home gym, but make sure you try before you buy. Do not let the price be your only deciding factor. You should walk on the treadmill for at least 10 minutes to see how it feels on your body, hear the volume of the motor, scan the programs, try the incline and make sure it's sturdy and has the features you require. Treadmills range in price from \$400 to \$4000 so choose carefully.