

# Treadmill Workouts

***By: Cathy Ruprecht, Physical Therapist  
Marquette General Sports Rehab***

OK, I admit it. It's hard for me to exercise too. In my younger days, I used to have what I called the "forced fitness plan" where I was an aerobic instructor and I got paid to exercise. I wonder how many more of us would exercise if there was a financial incentive?

One day, a client asked me if I did the exercises, I was proposing that he do. In all honesty, I was faithful to the stretching and strengthening, but my commitment to cardio wasn't as strong.

For someone who hates to even run out to get the mail, I have started to run on the treadmill. One good thing about running indoors is that I can always predict the weather- there is never a headwind, and I only have to go up a hill if I choose to do so. Isn't it amazing though how long it takes for those minutes to pass, no matter how fast or slow you're going?

To deter me from minute-counting, I have changed my focus to watching the distance I have gone. Another activity to keep my mind busy is to do 1 minute slow-downs and 1 minute speed-ups. By alternating between speed levels, I get to push buttons and I find that more fun.

## **Helpful tips to get you moving:**

- Schedule a firm time in your day to exercise. If you don't set exercise as a priority, it will fall to the bottom of your list of things to do and it won't get done.
- Good music can help keep you moving while doing cardio exercise. Find music that makes you want to move. You can also find music made specifically for walking or running.
- Hiring a personal trainer holds you to a schedule and helps you stick with your program.
- Track the number of days you exercise; and when you reach 30 days, treat yourself to a massage, a new outfit, etc.
- Talk to your employer about forming fitness teams and track the number of exercised minutes for each member. Compete for prizes. It's the next best thing to getting paid to exercise.

Remember to consult with your physician before beginning an exercise program.