**Is running on the treadmill a good workout?**

Running on the treadmill is an excellent work out to reduce your extra fat. Treadmill burns calories. If you use it regularly then it helps you to lose weight. The treadmill has a moving belt and it helps you to gain an easier running then outdoor running at the absence of wind resistance.

Some people who want to run fast and there are some people who cannot run so fast. The treadmill allows them to control the running speed. The control of the treadmill allows you to keep your pace and the moving belt keeps you on the pace.

If you have enough money to afford a treadmill then you can buy your own. And can work out regularly at your home. When you have your won treadmill then you do not need to go outside or a gym for working out. Also in bad weather, you can also continue your work out.

A treadmill is an aerobic exercise. And it offers you to have a cross-training opportunity. If you do not like to walk or run regularly then you can swim or cycle for aerobic exercise. Treadmill adds variety to your general workout routine. So you cannot do the same activity every day and can able to use your body in a different way than usual.

The people who have overweight, a treadmill is a good and helpful machine for them. They can easily reduce their fat by walking, running, or jogging on a treadmill. Sometimes you may face a knee problem. If you run at a high speed then it may cause knee pain. But don’t worry about it. You can control the speed. Fix the speed level which is comfortable for you. So start your workout with a treadmill.