Why You Should Have a Treadmill Station

Hello [[firstname]],

When you think of a treadmill, you probably think of larger high advanced options found at the gym. The truth is, you can have a treadmill station in your own home for workouts without breaking the bank. You may be wondering why you need a treadmill station in your home, since you can run outside or go to the gym. Here are a few reasons why and what you should consider about getting a treadmill.

**Running in Safety**

One of the key reasons many people choose to have a treadmill station at home is related to the safety factor. If you are running outside and even in a gym, you may run into stalkers or people that do not have your best interest at heart. That makes it an unsafe environment. If you have a treadmill station in your home, you have a safe place to run day or night and you don't have to worry about personal protection. You can run, get your time in on the treadmill, and go about your day or evening.

**Running Any Time**

When you run outdoors or in a gym, you are limited on your time. Sometimes may not be safe, the gym may not be open, or the weather may be too bad for you to run. You don't have to worry about any of that with a treadmill station at home. Just like running safely anytime, you can also run anytime that suits your schedule. Even if you have insomnia you can run in the middle of the night, and that is something you can't always do in certain cities or areas.

**Training on Your Own Time**

Training on your own time is vital for some people. You have a busy schedule and you are getting ready for a 5k or other running event. If you work, go to school, or have family responsibilities then finding time for your training may be an issue. Instead, you can have a treadmill station at home that will allow you to work a routine around other things in your home. For example, you can do a training session during a child's naptime, after dinner, or on a weekend when you have the time.

**Making Money from Home**

There is one other reason to have a treadmill station at home. It seems odd to say, but you could make money from home. You can use certain apps that pay you to workout. You workout a certain amount of time, log it through your smartphone, and get paid. It is a good argument for getting that treadmill if nothing else sways you.

Setting up the treadmill station doesn't have to be difficult. In fact, you can do it with just a traditional treadmill and a mat. You don't have to have things be expensive or fancy for this to work. You can always upgrade later.

[sign off]