

INTENZA TREADMILL WALKING AND ACTIVE AGEING

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Maintaining a positive attitude and feeling good about yourself, keeping healthy and fit— active ageing is about maintaining control over those aspects of your life which are important to you.

Being able to walk without help is one of the strongest indicators of whether someone can live independently— older people who exercise regularly are more likely to walk without assistance and do things for themselves around the home; and the good news is exercise doesn't need to be strenuous to be beneficial for your health.



Treadmill walking has so many benefits for older people and it can improve health and wellbeing in multiple ways including—

Strengthening muscles and helping to keep weight steady

Lowering the risk of heart disease, stroke, colon cancer and diabetes

Strengthening bones, and preventing osteoporosis and osteoarthritis
(regular walking could halve the number of people over 45 who fracture their hip)

Helping to reduce blood pressure in some people with hypertension

Improving balance and coordination, and decrease the likelihood of falls

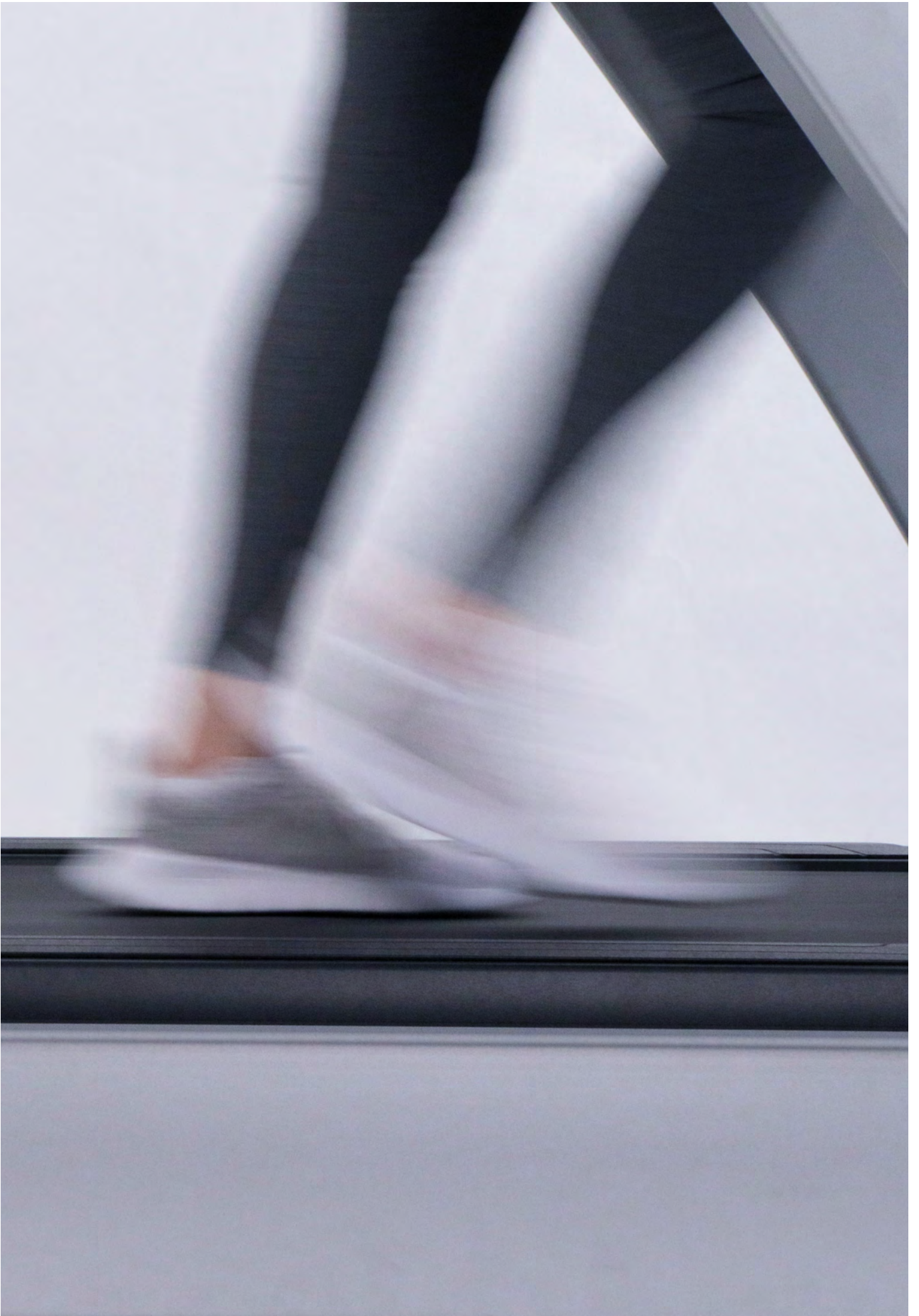
Keeping joints flexible

Improving energy levels and increasing stamina.



A crucial part of the workout experience, safety features are important to all members regardless of age— standard features on Intenza treadmills include generously proportioned ergonomic handlebars for security, Polar® —coded wireless telemetry technology through built—in heart rate receiver, safety lanyard and emergency stop button which stops the belt immediately for maximum level of safety.

Essential for protecting joints, preventing swelling and stress injuries, Intenza treadmill cushioning is highly suitable for those exercisers with knee or joint problems. Delivering a comfortable and safe workout through dissipating the crushing force as your foot steps down on the treadmill's deck, Intenza's cushioning system lessens this shock substantially allowing you to attain an ideal stride, work out longer and feel less fatigue in your legs and body.





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Walking on a treadmill is an excellent way for seniors to stay active— a moderate amount of activity can bring multiple exercise benefits. Exercisers can choose to walk at a steady pace for a longer period of time, or mix it up with shorter bursts of more strenuous walking by tuning the **incline** angle. With elevations between 0—15% those walking on Intenza treadmills can amp up workouts by giving a challenge to the body making it work out more thus providing a better result.



For further information please contact

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