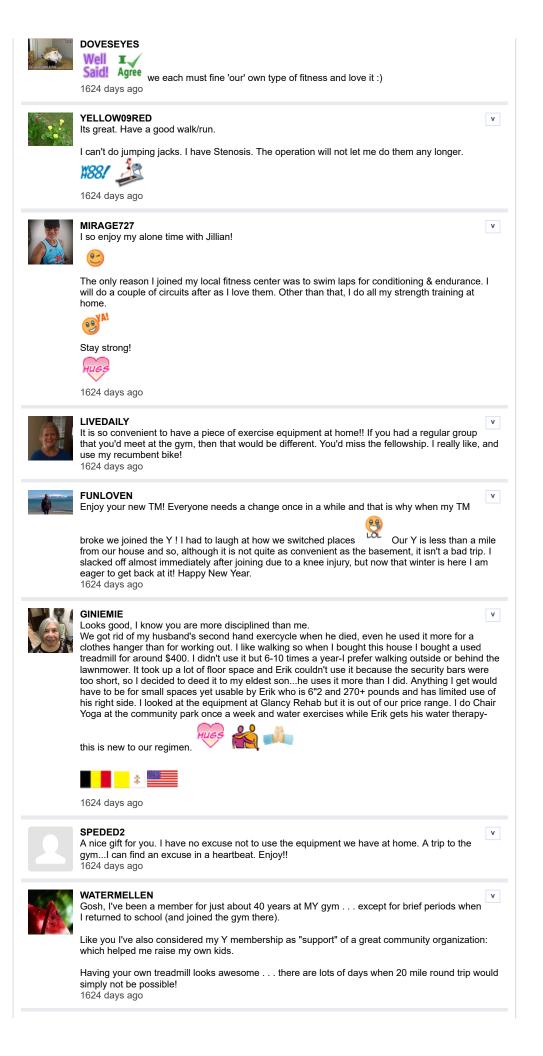


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	MARYJEANSL It looks very nice indeed. And, you'll save money in the long run plus not attempting things th may cause injury. Sounds like a win, win, win. :-) 1620 days ago	at v
Dr.	DS9KIE	v
	1623 days ago	
	<b>CD17264479</b> I also have a membership to the Y that has gone unused since I started back to work. Hope you have loads of good use on your new 'mil! 1623 days ago	v
	CD4114015 KEEP GREAT SPARK SPARK SPARK SPARK 1623 days ago	V
	<b>SWEDE_SU</b> i liked the gym for the camaraderie when we first moved here 12 years ago, but found that i didn't have enough hours in my day - if i wanted to exercise, i wanted to so so with DH and pelle then, claire now. a year ago i found that the jessica smith DVDs worked for me, and was using them fairly faithfully until summer, have gotten back to them now. fairly faithfully. (and i too skip the jumping jacks). we have had exercise machines that have mainly been clothes hangers; there is a rowing machine lying on its side in the utility room downstairs, and a one of those ski type machines out in the garage, both probably 25 years old. but i suppose our main gym membership is the border collie, who needs to get out regardless of the weather! 1624 days ago	
	SUNNYBEACHGIRL I joined the Y for the convent classes and stay for the commraderie. 1624 days ago	v
	SUNNYCALIGIRL	V
	CD3409143 There is something to be said of the efficacy of working out at home, provided you have the means and the self discipline.	V
	PEGGYO keep on walking 1624 days ago	V
	ONEKIDSMOM Love having Ariel the siren treadmill in my exercise cave. I think you're going to be very happ with this purchase!	v
and the second s	PHEBESS Wonderful holiday present to yourself!!!!! 1624 days ago	v
		v





### PRNCSCUP1-2FULL

Wow. That is for the 45 years of belonging to a gym! Can't wait to read a review from you about this model. I considered it. Does it stash away easily? I have no room for cumbersome equipment, even treadmills! I'm sure you will get your use out of it! Now all you need is an indoor pool for Hubby.... And, I may consider moving in too! Hee. 1624 days ago

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## ANAKIE

We bought a treadmill 25 years ago, I used it for about 5-6 weeks. We bought an elliptical 4 years ago I use it frequently. I love my elliptical! 1624 days ago



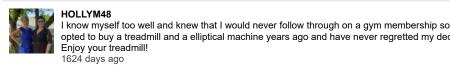
## MORTICIAADDAMS

Sounds great. I have a treadmill too. they are nice to have. 1624 days ago



## JEANKNEE

Ironically, I just joined a gym for the first time in over 30 years. I've been admonished not to walk/hike/run more than 3 - 4 times a week following the pelvic fracture. But, they'd still like me moving 5 days a week and elliptical/stationary bike/swimming have been suggested. Given that the pelvis can finally tolerate an elliptical and I'd also been advised by the physical therapist to work with a personal trainer, I've entered the arena of the gym. Not a comfortable environment for me at all! Way outside my comfort zone. Like you and many others, my preference by far is time spent outdoors. Enjoy your new treadmill! 1624 days ago



#### opted to buy a treadmill and a elliptical machine years ago and have never regretted my decision. Enjoy your treadmill! 1624 days ago

DR1939



Walking outdoors is very difficult for me. In the winter it is too cold, particularly when the winds are above 60 mph even though the temperature is only 26F. In the summer there is too much sun. I have a propensity to skin cancer and have to stay out of the sun even with suntan cream and covering, so a treadmill is a necessity. Unfortunately, I've been lax about using it lately.



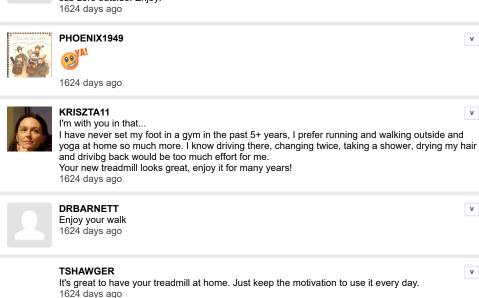


# MARY0825

Yay for you! I love having my elliptical. 1624 days ago

## CD8113065

Wishing you many safe and happy miles on your new treadmill. I'm one of the seemingly rare individuals who don't really mind running on the "dreadmill". I particularly appreciate it when it's sub zero outside. Enjoy! 1624 days ago



LEANLEIGH Good for you! 1624 days ago		v
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eave encouragement, a question, or anything else releserel sparkPeople's Community Guidelines.	evant to this post. All blog comm	ients must ablde by
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