

## Learning to “Let Go” Will Burn More Calories

Did you know holding on to the handrails while walking on the treadmill reduces the total number of calories burned in your workout? Handrails on the treadmill are meant for balance only. If you can walk without holding on, do it! You'll increase your workload, thereby increasing your calorie-burn. If you do need the handrails for stability and balance, then try placing one hand on the side rail, and swinging the other arm in a normal walking motion, switching arms periodically. Then, when you feel comfortable, try just resting two or three fingers on the side rail, gradually progressing toward the point where you aren't holding on at all. If you're going to put the time in, you might as well make it worth your while!