

**12 + 3 + 30 = trouble?**

**ANCHOR LEDE**

The latest workout to captivate social media requires you to dust off your math skills: three miles per hour on a treadmill at an incline of 12 percent for 30 minutes. That's 12 – 3 – 30, for short.

**TAKE VO**

Give it a try, and you'll feel the burn quickly in your rear end and the back of your thighs. But for the workout to be sustainable, there are a few things to keep in mind.

**\*\*\*SOT\*\*\***

**Matt Janus [JAN-us], OSF HealthCare wellbeing coordinator**

**"Make sure you're able to walk at three miles per hour without an incline. Then slowly make the incline higher until you can do that 12% consistently. If you go into a workout full force without much preparation, it increases your chance for injury and burnout." (:19)**

**VO TAG**

Janus says to start with three incline walking sessions a week. Then if you feel good, increase to four or five. But also vary up the workout and mix in flat surface walking or weight training.