

## 12 + 3 + 30 = trouble?

Run time - :33

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% for 30 minutes. For the workout to be sustainable, there are a few things to keep in mind. Tim Ditman of OSF HealthCare tells you.

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OSF wellbeing coordinator Matt Janus says to start slow.

*SOUNDBITE: "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."*

Hang onto the rail if you need to for balance. And vary up your workout by lifting weights or going outside.

I'm Tim Ditman.

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ANCHOR TAG: Other tips: stretch, stay hydrated, and take a day off if you feel sore or sick.