

12 + 3 + 30 = trouble?

SOT

Matt Janus, 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)

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“With incline walking, something people experience a lot is shin splints. We’re not used to that flexion of our foot and those shin muscles working so much. So just make sure you listen to your body. If you have a lot of soreness, feel really tired or don’t feel like you can complete the workout, don’t feel like you have to push through and overtrain. You need recovery just as much as you need that workout.” (:27)

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“Variability of your workout routine is really important. Our body is really good at adapting to the stressors and stimuli we put onto it. Over time, if we’re doing the same thing in the same conditions every day, it will get easier. And eventually, you’ll need to change up the intensity or the whole workout to really progress.” (:22)