The NEAT Way to Improve Your Health

If a typical workout isn't your thing, or your schedule really is kind of crazy, how are you going to sit less, move more, and be more active to be healthy? There's a NEAT way to do it.

It's called Non-Exercise Activity Thermogenesis.³

It's the energy you use and calories you burn when you do anything. Sure, it takes effort to take the stairs, walk through the grocery store, move furniture, or play with your kids. But even singing, laughing, and cleaning your house are NEAT activities.

21 NEAT Ways to Be More Active

No-time-to-exercise excuses, be gone! Even if you're too busy to hit the gym, there are a lot of NEAT ways to be more active, sit less, and move more.

At Home

- Clean the kitchen like your guests are showing up any minute.
- ☐ Vacuum. No the robot-vacuum doesn't count.
- Rearrange your furniture.
- \Box Take Fido for a walk.
- ☐ Take out the garbage.
- ☐ Fold laundry standing up. Then race to put it away.
- □ Walk to the neighbor's house instead of texting.
- Exercise during TV ads (push-ups, jumping jacks, running in place).

At Work

- Stand up and stretch every hour.
- Always take the stairs
- Use a stand-up desk most of the time
- \Box Go for a walk and hold a meeting at the same time
- Walk to deliver a message to a co-worker instead of sending an e-mail.
- □ Walk back and forth when you're on the phone or thinking



activity: No more excuses

tinyurl.com/y3qk9u49

Out and About

Research shows increasing NEAT activity level can help:⁴

Control blood sugar levels and prevent diabetes

Improve cholesterol levels

Reduce the risk for heart disease

Strengthen the heart, lungs, and muscles

Support weight management

Lower blood pressure

Increase metabolism

Burn calories

- □ Park far away when you go to the store.
- the elevator or escalator.
- Walk a lap around the store before you start shopping.
- Turn shopping into a race, and find your items as fast as possible.
- When you can, carry your
- Stand while waiting for a ride or meeting.



Improve your health with NEAT activity

If you spend a lot of time sitting at work, in the car, on the couch, or at the dinner table, you need to find a way to be more active. Even if you're short on time for exercise. Walking 500 miles a week like Weston and O'Leary probably isn't going to happen. Still, you can be more active and improve your health with NEAT activities.

Use the NEAT factor to burn calories tinyurl.com/ <u>yxg3deym</u>

References

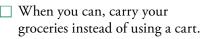
- 1. Centers for Disease Control and Prevention. (2017). Exercise or physical activity. National Center for Health Statistics. From: https://tinyurl.com/y3xpzcrg
- 2. Diaz, K., et al. (2019). Potential effects on mortality of replacing sedentary time with short sedentary bouts or physical activity: A national cohort study. **American Journal of Epidemiology**, 188(3): 537-544. From: <u>https://tinyurl.com/y5q8tnax</u>
- 3. Villablanca, P., et al. (2015). Nonexercise activity thermogenesis in obesity management. Mayo Clinic Proceedings, 90(4): 509-519. From: https://tinyurl.com/y2qvbwjc
- 4. Chung, N., et al. (2018). Non-exercise activity thermogenesis (NEAT): a component of total daily energy expenditure, Journal of Exercise Nutrition and Biochemistry, 22(2): 23-30. From: https://tinyurl.com/y5fp27uh

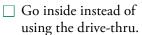






Take the stairs instead of







6 things to know about NEAT tinyurl.com/ y4sgrrjc