

# 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**.<sup>3</sup>

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.

Research shows increasing NEAT activity level can help:<sup>4</sup>

- ✓ Control blood sugar levels and prevent diabetes
- ✓ Improve cholesterol levels
- ✓ Burn calories
- ✓ Lower blood pressure
- ✓ Increase metabolism
- ✓ Reduce the risk for heart disease
- ✓ Support weight management
- ✓ Strengthen the heart, lungs, and muscles

6 things to know about NEAT  
[tinyurl.com/y4sgrrjc](https://tinyurl.com/y4sgrrjc)

## 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.

Overcoming barriers to physical activity: No more excuses  
[tinyurl.com/y3qk9u49](https://tinyurl.com/y3qk9u49)

### At Home

- Clean the kitchen like your guests are showing up any minute.
- Vacuum. No the robot-vacuum doesn't count.
- Rearrange your furniture.
- 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
- 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



### Out and About

- Park far away when you go to the store.
- Take the stairs instead of 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 groceries instead of using a cart.
- Go inside instead of using the drive-thru.
- 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/yxg3deym](https://tinyurl.com/yxg3deym)

### References

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