

# It's NEAT to move your body more!

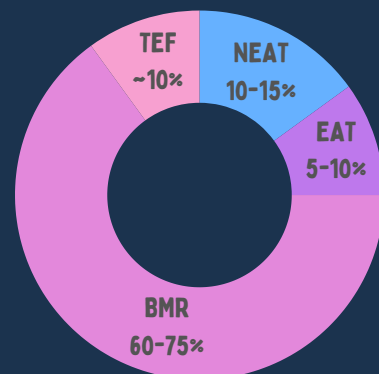
Let's talk about burning calories! What are the ways we burn calories?

BMR: basal (resting) metabolic rate, affected by genes, diet, exercise, hormones, and more

EAT: Exercise Activity Thermogenesis: cal/day from dedicated exercise

NEAT: Non-Exercise Activity Thermogenesis: cal/day from all the countless movements we make

TEF: Thermic Effect of Food: cal/day from digestion & metabolism of food



NEAT accounts for 10-15% on average, but up to 50% in very active people! THIS is where we can EASILY make a BIG impact! It's ALL the little things we can do all day every day. For example....

## AT HOME

- Calf raises or walk while brushing your teeth
- Pace, walk, or dance a little while cooking, doing laundry or dishes
- Watching TV? Stand, walk in place, or stretch
- Squats or counter push-ups while waiting for the microwave or water to boil
- Quick stretch routine morning/night

## AT WORK

- Get a standing desk if possible
- Take short walking breaks often
- Use the stairs instead of the elevator
- Park farther away from the entrance
- Take a walk while on phone meetings
- Stand during zoom meetings
- 1 to 2 -min stretch break every hour
- Walk outside during lunch

## RUNNING ERRANDS

- Carry your groceries instead of using a cart when possible
- Walk the shopping cart back into the store
- Park far from the entrance
- Waiting in the checkout line? Fidget, walk in place, or do calf raises

## WITH YOUR KIDS

- Have spontaneous dance parties!
- Play with them instead of sitting and watching
- Carry your kids instead of using a stroller (when applicable!)
- Walk around the field/park during their practices instead of sitting

**NEAT is an underutilized, POWERFUL tool! These little things add up to a BIG impact on your daily calorie expenditure WITHOUT taking up any time!**