

HERE'S TO HEALTH

NEAT Fast Facts:

1 hour of exercise equals 4% of your day while NEAT equals 64% of your day

Higher NEAT means less risk of metabolic syndrome, cardiovascular events, and death from all causes

Increasing your NEAT can help you lose 10 pounds over a year

Using NEAT to move consistently throughout the day can help the body maintain its ability to burn fat

NEAT is the physical movement in our lives that isn't planned exercise or sports.

NEAT= Non-Exercise Activity Thermogenesis

Pace on the phone



Cooking



Gardening



Walking the dog



Cleaning



Dance in the shower



NEAT EDITION



Increasing your NEAT will...



Help with fat loss



Enhance your mood



Improve overall health