



**Non-Exercise Activity Thermogenesis (NEAT)** refers to calories burned during non-exercise physical activities including spontaneous muscle contraction, maintaining posture when not laying down and daily movement like taking the stairs and cleaning the house, for example.

**HEALTH TIP #13 – NON-EXERCISE ACTIVITY THERMOGENESIS (NEAT)**

- Walking contributes to the majority of daily NEAT.
- NEAT accounts for 15% of daily energy expenditure in very sedentary people, and 50% in very active people.
- Lack of NEAT can contribute to a sedentary lifestyle and weight gain.

*“Many overweight people in the USA have ‘sitting disease’ and would lose weight if they did more walking, standing and moving around during the day...The goal is to take sedentary people and get them to consciously think about moving more by adding little bits of movement into their everyday lives. If you simply convert sedentary TV time to active time, you could lose 50 pounds a year.... The more conscious non-exercise based activity you do throughout the day, the more calories you will burn. Walking instead of sending emails or calling, taking stairs instead of elevators, parking further away, all help to burn extra calories, lose weight, and be healthier...We need to move more throughout the day. The key is to find what you enjoy doing.”* Endocrinologist James Levine/ Mayo Clinic in Rochester, MN

	Your old way	Calories burned in five days*	The NEAT way	Calories burned in five days*
<b>AT WORK</b>	Drive to your office and take the elevator to your floor.	280	Park five blocks from your office. Take the stairs three flights to your floor.	700
	Talk on the phone for an hour.	200	Talk on the phone while standing up and pacing. ▶	700
	Sit down for a 45-minute lunch.	200	Take a 30-minute stroll, then sit down for 15 minutes to eat.	500
<b>AT HOME</b>	Order takeout and leaf through mail and catalogs as you wait for food to arrive.	150	Stand up and cook a quick meal for 20 to 30 minutes.	350
	Call a cleaning service.	20	Tidy up one room a day for 15 minutes.	150
	Open the back door to let the dog out.	43	◀ Take the dog for a 30-minute walk around the nabe once a day.	357
<b>IN YOUR CAR</b>	Drive around the mall for 10 minutes to find the spot closest to where you plan to shop.	50	Park in the farthest spot in the parking lot and walk 15 minutes to and from the store entrance.	400
	Drive your son to his bus stop.	30	Walk to and from the bus stop (a 10-minute walk each way). ▶	250
<b>FOR FUN</b>	Eat dinner and watch TV or a movie with your husband.	50	After dinner, take a 30-minute stroll (or browse a bookstore, or go bowling).	286
	Surf the Internet for an hour.	33	Play a board game or cards or do a puzzle for an hour. ▶	150
	<b>Total calories burned in five days, your old way</b>	<b>1,056</b>	<b>Total calories burned in five days, the NEAT way</b>	<b>3,843</b>

**Other ways to increase NEAT calories:**

Use a manual lawn mower, play outside with the kids, get up during commercials, do more housework, **sit less, walk more and intentionally move as much as possible!**

**Note:** A person of normal weight typically burns 350 more calories per day from the collective impact of numerous small activities and movements. Burning 350 calories per day is equivalent to about 40 pounds of fat in one year so this may be a very important factor in long-term weight control.

**Suggestion:** Keep your body moving regularly by doing your usual tasks but with more physical activity.

Consider making this ‘healthy change for a healthier you’!

To Your Health,

Karen Mastrogianni, the Health Pastor

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