

Week # 2: NEAT

NEAT stands for nonexercise activity thermogenesis. It is quite simply the energy expenditure of all physical activities in any given day other than volitional sport-like exercise (a.k.a. going to the gym!). Examples of NEAT would be dancing, brushing our hair, loading the dishwasher, playing guitar, taking a stroll, folding laundry, etc. People that spend their time mostly in chair-bound burn on average 300 calories of NEAT per day and those who spend more time upright burn, on average, 1,300 calories per day. Basically, you move more...you burn more calories. Read the book ***Get up! Why your chair is killing you and what you can do about it*** by James Levine, MD for more of the scientific data on this. The good news is, we can always add more movement to our day so let's get going!

Examples of ways you can incorporate movement into your life:

(There are more examples found in my book ***Dear Couch, We're Through!*** on page #11. I also have a checklist that goes along with the book so let me know if you are interested and I will send you a digital copy).

- Tour a winery instead of just drinking wine;)
- Walk to the mailbox to get your mail-instead of driving your car to it.
- Make multiple trips to the car to grab your groceries
- Get up out of your chair during commercials
- Walk while you are on the phone
- Go get your food instead of having it delivered
- Do a few squats over your chair before you sit down
- Stand up every time your phone rings or makes a sound
- Jog in place or march while cooking
- Stand while folding laundry
- Drink lots of water so you have to many many trips to the bathroom:)
- Take the stairs - no matter what
- Park far away from wherever you are going

STEP # 1: WRITE IT!

Write at least three NEAT ideas of your own here or in your journal.

- 1) _____
- 2) _____
- 3) _____

STEP # 2: SHARE IT!

Share your NEAT ideas with your accountability partner and let us know what your goal is with this for the week.

STEP # 3: TRACK IT!

Try out your new NEAT ideas and track it. You can record your NEAT additions in your journal or use an app like StandUp or Move to remind you to get up and get moving. If you have an activity tracker, notice if by adding movement to your day, you add extra steps or calorie burn. I bet you will start to see the difference:)

WEEK # 2 CHECKLIST



M T W TH F S SU

Journal

NEAT

_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____