

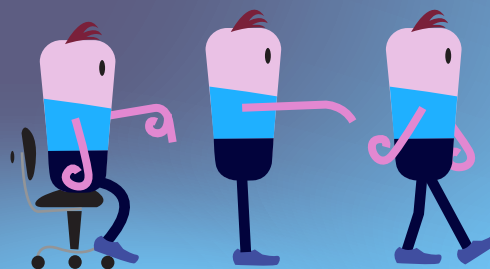


Increase your daily activity with

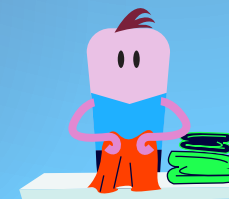
NEAT Habits

(Non-Exercise Activity Thermogenesis)

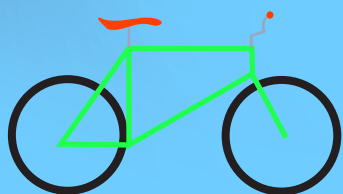
NEAT is the amount of energy you burn when you're not sleeping or exercising. It is heavily affected by your occupation. For many of us with modern desk-based sedentary occupations a low amount of NEAT can lead to serious medical problems. These following NEAT habits are a great way to start getting in shape or to compliment your current workout regime.



Everytime you send an email, complete a work task, get up and stretch or take a walk.



Fold laundry, cook or clean while you watch TV.



Ride your bike to work. If work is too far, park further away or get off public transit early and walk the last few blocks. Going to the store? Try parking on the far side of the lot.



Toss and catch a bean bag while you work. Toe tapping is also a great way keep blood circulating through your legs.



Standing is the tried and true non-exercise activity that can improve your health. Experts suggest standing no less than 2 hrs a day but prefer 4 hrs minimum.



Choose to move. Whether its taking the stairs over the elevator or having a meeting while you walk around the building. Take the active option.