Year 3 Seasoned Sprouts

Movement is NEAT: How Everyday Activities Help to Maintain Your Weight





What is NEAT?

NEAT stands for "Non-Activity Exercise Thermogenesis," which means the calories that you burn in your everyday movements. In other words, NEAT is physical activity that is not exercise or sports. NEAT is different for each person based on lifestyle and environment. For instance, taking the stairs is a movement that most people do in their daily lives; it is not exercise unless done for a longer period of time or with more intensity, like running up and down stairs or climbing a stairmaster machine.



Why Should You Increase NEAT?

NEAT is important for managing your body weight. NEAT encourages more natural movements throughout your day. By increasing your everyday activities, you can lower your risk for health problems like obesity, heart disease, joint problems, and mental health issues.



Examples of NEAT

- Taking the stairs instead of using an elevator
- If you are riding a bus/train, getting off one stop early and walking the extra distance
- Parking in a farther spot and walking the extra distance in a lot
- Household chores such as: vacuuming, sweeping, cooking, washing dishes, folding and ironing clothes, taking out the trash
- Gardening and walking to get the mail

Further Reading: See the Recipe for "Apple Nachos"

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