

NEAT

NON-EXERCISE ACTIVITY THERMOGENESIS

MOVEMENT ADDS UP

Small movement throughout the day matters more than one intense workout.

This is energy burned through:

- Walking
- Standing
- Fidgeting
- Chores
- Stretching
- Movement during daily life

Daily movement patterns strongly influence metabolism, energy use, and long-term health.

HIGH NEAT LIFESTYLE

- Frequent movement
- Walking throughout the day
- Standing more often
- Less prolonged sitting
- Casual physical activity
- Consistent movement habits

Result:

- Higher daily expenditure
- Better metabolic flexibility
- Better circulation
- Improved weight management
- Better overall health markers

SEDENTARY LIFESTYLE

- Long sitting periods
- Minimal daily movement
- One workout, inactive otherwise
- Lower spontaneous movement
- Reduced daily energy burn

Result:

- Lower energy expenditure
- Increased metabolic adaptation
- Greater fatigue
- Reduced weight-loss response
- High health risks

The body is designed for regular movement.

WHY EXERCISE ALONE MAY NOT GET RESULTS

PEOPLE MAY UNCONSCIOUSLY:

- Move less after workouts
- Eat more after exercise
- Compensate for energy burned

EXERCISE STILL IMPROVES:

- Cardiovascular health
- Strength
- Mood
- Insulin sensitivity
- Longevity

SITTING TOO MUCH AFFECTS HEALTH

Sedentary behavior itself is linked to poorer health outcomes.

Long periods of sitting are associated with:

- Cardiovascular risk
- Metabolic dysfunction
- Higher mortality risk
- Poorer overall health

Moving throughout the day maintains overall health.

Practical NEAT Examples

- Walk after meals
- Take the stairs
- Stretch every hour
- Park further away
- Stand during calls
- Household chores
- Gardening
- Pace while thinking