

movement is NEAT: reducing sedentary behavior

If you find yourself sitting for most of your day, you're not alone. Between being at work and hanging out at home, Americans spend an average of 9.5 hours a day sitting. Spending as few as four to six hours sitting or lying down each day is considered sedentary behavior, and it can have a big impact on your physical and mental health.

Tap in to your NEAT energy

A **sedentary lifestyle** can cause low energy levels, weight gain, muscle weakness, back and joint pain, and poor posture. Plus, all that sitting time adds up and can increase your risk for a variety of health issues. Luckily, getting your body moving throughout the day can be easy.

Non-Exercise Activity Thermogenesis (NEAT) refers to the energy expended through everyday movements such as walking, standing, and household tasks. While exercise is important for meeting the recommended 150 minutes of moderate or 75 minutes of vigorous activity each week, focusing on NEAT is your secret weapon for sneaking in more movement all day long.

NEAT Movements at Work or Home

Stand or stretch during meetings or phone calls. Aim for 5- to 10-minute increments while you complete daily activities.

Visit a coworker's desk in person instead of calling or emailing. If heading to the water cooler, the bathroom, or your car, add a bit of extra distance to your route.

Let chores work for you. Yard work, walking the dog, washing dishes, cleaning, and folding laundry all require movement. Make it fun by playing music to move to.



Sitting too long watching TV? Take a lap around your living room or your house, walk up and down the stairs, or complete a few stretches.

Be an active spectator. Stand, don't sit. Pace the sidelines at your kids' sporting events, or walk laps around the field, stadium, or gym.

Add 'motion' to your grocery list. Carry your groceries in a basket instead of pushing a cart during small trips. Walk briskly while shopping or completing any tasks outside of the home.

NEAT helps you burn some extra calories here and there. Over time, that matters. And it can help you maintain a **healthy lifestyle**, better body composition and improve your quality of life.

— Michael Dakkak, DO, Orthopedic Surgery, Cleveland Clinic

