

Isn't that NEAT?

Non-Exercise Activity Thermogenesis

Everything you do that's NOT sleeping, eating, or sports-like exercise



Daily Chores



Standing



Walking



Fidgeting

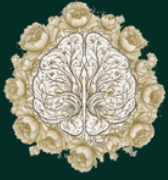


Typing

Why NEAT matters?

NEAT matters because it often makes up a much bigger share of your daily energy burn than people realize, and it's the part of movement most people can improve without needing a gym session. It's also the easiest place to add more activity if your schedule is packed, because it includes the everyday stuff: walking, standing, chores, stairs, and fidgeting. In plain English: small movement, repeated often, can change your total daily activity more than one hard workout followed by a long sit-down.

NEAT (Non-Exercise Activity Thermogenesis)	EAT (Exercise Activity Thermogenesis)
High-frequency, low-intensity movement	Low-frequency, higher-intensity exercise
Happens throughout the day	Happens in scheduled sessions
Adds up without feeling like a workout	Usually short, intentional, and structured



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Ten practical ways to raise NEAT

1. Take the stairs whenever you can.
2. Park farther away from entrances.
3. Walk while you take phone calls.
4. Stand up once every hour.
5. Do one short walk after meals.
6. Carry your groceries instead of using a cart when practical.
7. Clean, tidy, or do a quick reset while waiting for something to finish.
8. Set a timer to get up and move between meetings.
9. Fidget on purpose: shift, stretch, pace, or stand while thinking.
10. Turn one errand into a walking errand if it's realistic.

Medical Disclaimer: This is for informational purposes only and is not medical advice. Consult your healthcare provider.

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