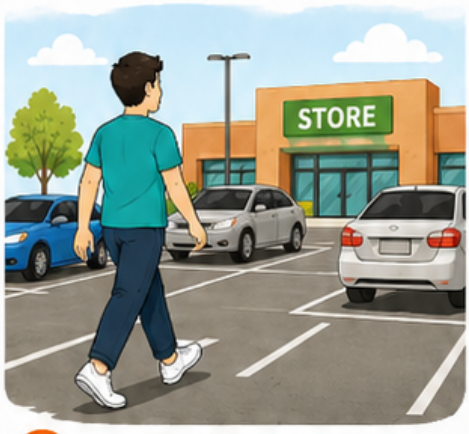
THE NEAT CONCEPT

Non-Exercise Activity Thermogenesis

NEAT is the energy you burn through everyday movement outside of planned exercise. Small actions throughout the day can add up and support health, weight management, and wellbeing.



1 Walking while on phone



2 Parking farther away



3 Taking stairs



4 Standing meetings



5 Housework



6 Walking the dog



7 Grocery shopping

Why it matters

- Boosts daily energy expenditure
- Breaks up sitting time
- Makes movement part of everyday life