

# HERE'S TO HEALTH

## NEAT Fast Facts:

1 hour of exercise equals 4% of your day while NEAT equals 64% of your day

Higher NEAT means less risk of metabolic syndrome, cardiovascular events, and death from all causes

Increasing your NEAT can help you lose 10 pounds over a year

Using NEAT to move consistently throughout the day can help the body maintain its ability to burn fat

[www.acefitness.org](http://www.acefitness.org)

NEAT is the physical movement in our lives that isn't planned exercised or sports.

NEAT= Non-Exercise Activity Thermogenesis

**Pace on the phone**



**Cooking**



**Gardening**



**Walking the dog**



**Cleaning**



**Dance in the shower**



**NEAT EDITION**



Increasing your NEAT will...



Help with fat loss



Enhance your mood



Improve overall health