



Get moving! Increase your NEAT.

Non-Exercise Activity Thermogenesis (NEAT) is the number of calories you burn outside of exercise. NEAT is the most underrated variable to fat loss.

Examples of NEAT:

- Taking stairs instead of the lift.
- Parking as far away as you can from the front entrance of the grocery store.
- Standing more throughout the day.
- Walking the dog.
- Playing with the kids, etc.

The more active you are throughout the day, the more calories you burn throughout the day, the easier it is to put yourself in a calorie deficit through exertion and fat loss occurs.

The calories you burn in a day from NEAT could be as little as 10% but even close to 20-50% if you really are active. You can burn hundreds of calories throughout the day from being more active.

A lot of people only target a calorie burn through their specific exercise (gym workout, going to a fitness class), but in reality, you probably aren't burning as many calories as you think you are in your workout. However, calories can add up significantly in a 10+ hour period you're awake and you're being active.