

IMPORTANCE OF MOVEMENT

General movement can be one of the most important sidekicks of your SU journey.

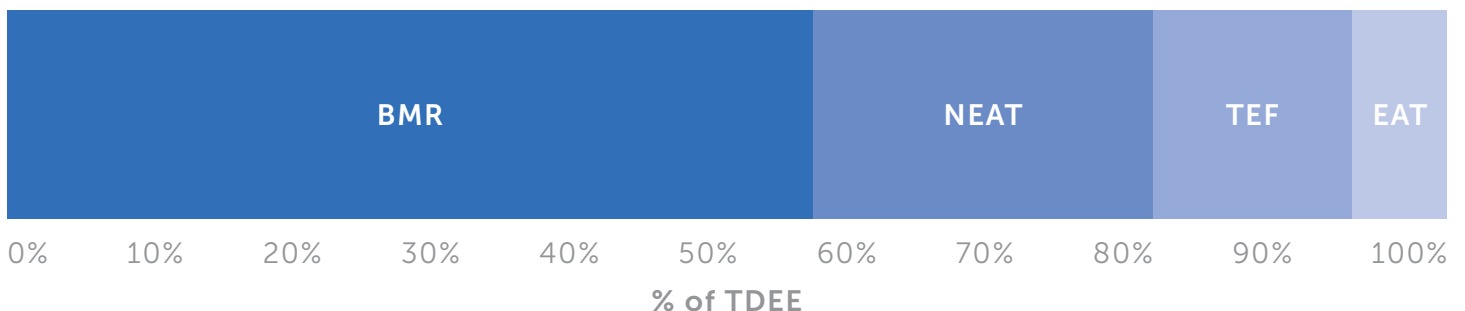
Non-Exercise Activity Thermogenesis (NEAT)

Calories burned from general movements such as steps, housework, fidgeting, or any activity outside of purposeful exercise.

Any time you move, you're contributing to calories burned through NEAT. While exercise can be important and will burn calories, for most individuals, NEAT will have a much larger impact on your results. Research shows that being more active increases your chances of being at a healthy body weight.

We burn calories from 4 different sources: Basal Metabolic Rate (BMR), NEAT, Exercise Activity Thermogenesis (EAT), and Thermic Effect of Food (TEF). NEAT being the second-largest burner for most people, shows how important it is. We often associate purposeful exercise as a large contributor to weight loss but relatively speaking, it's a small percentage of calories burned compared to the amount we can burn through NEAT. It sounds weird, but we're calorie-burning machines all day long so it's important not to forget the "bonus" we get that a bit more movement provides.

SOURCES OF CALORIE BURN





Real Life Application

HOW TO GET THE MOST OUT OF NEAT

You might be wondering how to get the most out of NEAT so here are a few examples. First, go for purposeful walks during the day and set a step goal. It doesn't have to be too aggressive but it should be more than you usually get. Maybe you can set an alarm every few hours to get up and move, or you can take phone calls and "walk and talk". Many people, including our team, are using walking treadmills under their work stations. You can also park further away, take the stairs, or start some active hobbies. The key here is that this doesn't have to be difficult to be effective. Any movement is better than no movement. Adopting some of these habits can result in you burning hundreds of additional calories per day and that might translate to being able to lose or maintain weight while being able to eat more calories (i.e. more food!).



Main Takeaway

We don't want you to think you have to move all day long. It's perfectly ok to relax, but when possible give NEAT a thought. Ask yourself how can I move more so I can eat more, and make long term weight management that much easier? It's probably not another tough workout. It might just mean a few more steps.

Successful dieting isn't necessarily about eating less all the time. Sometimes it's about creating better balance on both sides of the energy balance equation and that's why focusing on general movement can be so important.



Resources

If you would like to learn more about why we don't pay attention to the calories we burn during dedicated periods of exercise, you will find [this blog](#) to be a helpful resource. If you're confused as to why cardio is not a primary strategy to lose weight, then [this](#) would be a great read for you. Lastly, if you'd like to see an example of how our daily activity drops as we age and how that plays into weight gain, [this blog](#) will be extremely helpful.