



How to Maximize “NEAT” Activities

Our bodies are designed to move, and prolonged inactivity can slow down our systems. After just 30 minutes of sitting, metabolism drops significantly, fat processing becomes less efficient, and lower-body muscles deactivate. Within two hours, good cholesterol can fall. The good news is that even short movement breaks—just five minutes—can help reset the body.

This is where non-exercise activity thermogenesis (NEAT) comes in. **NEAT** includes small, everyday movements such as standing, walking, and even fidgeting. Research shows that people who move frequently throughout the day are more likely to maintain a healthy weight than those who rely only on occasional workouts.

Simple habits can increase daily movement.

- Standing more is a great start—use a standing desk or take regular breaks to walk around.
- Walking during phone calls or meetings.
- Tracking your steps with a phone or wearable device can keep you accountable.
- Choosing the stairs over elevators.
- Household chores like cleaning, doing laundry, or decluttering also count toward movement goals while raising your heart rate.
- Outdoor tasks such as mowing the lawn or gardening provide both exercise and fresh air.

Activities like running, throwing a ball, or even playful games can boost movement and make staying active enjoyable. Incorporating small bursts of activity throughout your day can significantly improve overall health.

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