



**NEAT improve physical wellbeing through movement that is not structured exercise.**

**This includes choosing to get up and walk to your co-worker for a conversation, parking further away from the store, taking the stairs, and activities such as gardening, cleaning your house, and walking your dog.**

#### **Some benefits of NEAT:**

- **Burn additional calories**
- **Lower stress**
- **Squeeze in daily movement when you don't have enough time to "hit" the gym**
- **Decrease muscular pain and tightness**