

Sit less with N.E.A.T.

Sitting less and standing more is good for your health. Standing is a form of N.E.A.T., or non-exercise activity thermogenesis. Any amount of activity (aside from structured exercise, eating and sleeping) counts as N.E.A.T. and helps to burn calories.

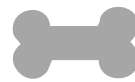
Did you know?

Sitting for most of your day increases your risk for high blood pressure, diabetes, high cholesterol, heart attack and stroke.

Take a stand to improve your health!
Standing more throughout the day can:



increase energy



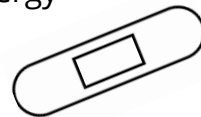
strengthen bones



improve mood



increase blood flow



reduce pain



increase muscle tone



boost metabolism

Other N.E.A.T. ways to be active:

- Sit, stand, switch! Alternate between sitting and standing every 30 minutes. Even fidgeting while you're sitting burns more calories.
- Stand up or walk in place while on the phone, on a conference call or watching TV.
- N.E.A.T. at work? Take stretch breaks, have walking meetings
- Get outside! Rake leaves, pull weeds, use a push mower
- What about inside? Cleaning is N.E.A.T. Vacuum, sweep, mop, wash dishes by hand.
- Make it fun! Play frisbee, dance, walk the dog, kick a ball

Want to learn more about N.E.A.T? Visit <https://www.acefitness.org/education-and-resources/lifestyle/blog/6852/6-things-to-know-about-non-exercise-activity-thermogenesis/>

This guide was created by MU Extension faculty member Debbie Bennett who specializes in nutrition and exercise education and reviewed by exercise physiologists from MU Extension. MU Extension's Nutrition and Health unit enhances access to the resources and research from University of Missouri. Please visit the home page to learn more about MU Extension Nutrition and Health: <https://extension2.missouri.edu/find-your-interest/youth-and-family/nutrition-and-health-education>