

N.E.A.T

What is N.E.A.T?

Non-Exercise Activity Time or N.E.A.T. is a fancy name to describe the calories that you burn from your daily activity. This is basically any movement that you do that is not from exercise.

It can make a big difference in helping you to get active and maintain a healthy weight

N.E.A.T Examples



Cleaning



Shopping



Gardening



Cooking