Move It (And Lose It!) All Day Long

Sure, you may have already increased your activity using the Real Appeal walking program or the Real Moves workouts. But did you know that you can increase your calorie burn—and weight loss–just by moving a little bit more all day long?

Let's Get NEAT

Rear end, derriere, backside, bottom, duff, bum, booty, fanny, rump—whatever you call *your* butt, it's time to get *off* of it!

"But, I'm already working out—I have to add *more* activity to my day?" you may be thinking. The good news is we're talking about all the little things that you do throughout your everyday life. Simple things like making a conscious effort to walk more and sit less, to take the stairs instead of the elevator, to get up and play with the kids instead of watching them from a nearby bench. **Researchers refer to this as Non-Exercise Activity Thermogenesis, or the easier-to-pronounce-and-remember acronym, NEAT.**

350 cal per day x 1 year = 30 lbs weight loss

These "little" things can add up to a lot in terms of calories and results. In fact, it could help you burn as much as 350 extra calories per day. Added up through the course of a year, that could shave off 30 pounds or more!

This figure is based on a study from the Mayo Clinic, which found that mildly obese people (those with an average BMI of 33; this could be someone who's 5 foot 7 inches and weighs 210 pounds) sit more—about two and half hours more per day—than lean people. If they were to get up and move more, they could burn an extra 350 calories per day, note the researchers.

Burn Baby, Burn!

How do you burn calories? Exercise is probably one of the first answers to come to mind, and indeed, you torch a bunch of calories when you're sweating at the gym, hiking in the park or doing your Real Moves workout DVD. But you also burn calories digesting food, breathing, even when you're sleeping. Take a look at how your body expends energy.

60% 10% 30%
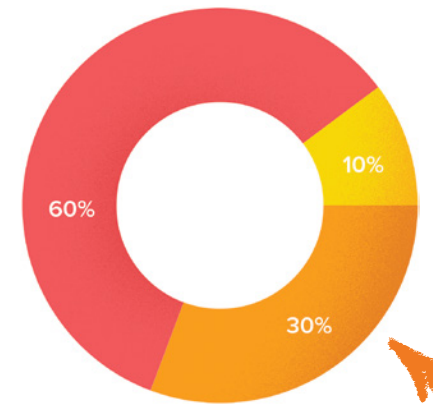
"Being Active": This is the part you have control over!

Maintaining Normal Bodily Functions

Your body is constantly working, breaking down chemicals, breathing and regulating body temperature. All of this takes energy, or calories. The amount of calories burned to simply maintain your body's functioning is referred to as basal or resting metabolic rate, which accounts for 60 to 75 percent of the calories you burn each day.

Being Active

There's two parts to this one: Exercise, which includes planned specific activity intended to maintain or improve fitness, and spontaneous movements or NEAT. Both forms of activity burn calories—about 30 percent of the calories expended daily, and a surprisingly large portion of those are from NEAT activities.

Digesting Your Food

You also burn calories while digesting your food (score!). The process of absorbing, transporting and storing food accounts for 10 percent of the calories you expend each day. It's referred to as thermogenesis. (Unfortunately, this isn't enough to offset that extra slice of cheesecake!)

What's the REAL calorie burn from activity?

When you're active, whether it's doing the dishes (NEAT) or breaking a sweat on the treadmill (exercise), a portion of the calories burned are to maintain bodily functions, and the other part are expended because of the effort of your activity. For instance, a person weighing 180 pounds might burn 150 calories on a 30-minute leisurely walk. About 43 calories of those calories are for "maintenance" and the rest—107 calories—are from walking.

Get More NEAT!

Burn More Calories Doing Everyday Activities

Put just a little more "oomph" into your everyday activities and you can burn a lot more NEAT calories. In the chart on the right, watch how the same person burns nearly 700 more calories on a "Very NEAT Day" compared to a "Not-So-NEAT Day." We chose a 180-pound person for this example. If you weigh less, you would likely burn fewer calories; if you weigh more, you'll probably burn more calories.
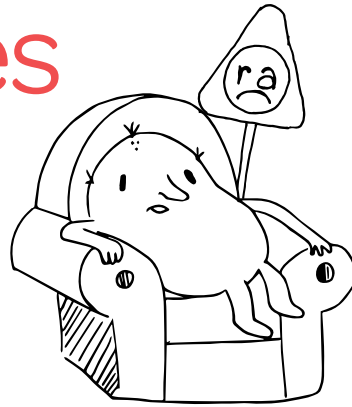
Remember that approximately 60 percent of your total caloric expenditure (aka, "calorie burn") comes from simply maintaining your normal bodily functions, like keeping your heart pumping and your lungs breathing. But as this chart shows, simply by being more active (and not taking any more time from your busy day), you can easily burn an extra 500 to 700 calories per day.

NEAT! :)

Activity	Not-So-NEAT Day	Very NEAT Day!	EXTRA Calories Burned During Very NEAT Day
Walk from car to office building (2 minutes)	Park very close to office building; walk to building entrance, have a quick chat with the guard at the desk **6 calories**	Park at the end of the lot; walking briskly to building entrance **11 calories**	**5 calories**
Lunch break (35 minutes)	Sit and eat lunch **75 calories**	Take a walk at an easy pace (20 minutes), then sit and eat lunch (15 minutes) **132 calories**	**57 calories**
Communicating with coworkers (1 hour)	Email three coworkers while seated at desk; read and edit your responses several times **129 calories**	Talk to the three coworkers in person; go up and down one flight of stairs and two hallways three times during the work day **215 calories**	**86 calories**
Making phone calls (1 ½ hours)	Sitting at desk while talking on the phone **193 calories**	Standing up while talking on the phone **296 calories**	**103 calories**
Walk from office to car (2 minutes)	Walk to car parked close to entrance; sit in car and make a quick phone call before driving off **6 calories**	Walk briskly to car parked at the end of the lot **11 calories**	**5 calories**
Playing with your children (45 minutes)	Sitting down doing crafts **97 calories**	Playing outside; touch football, playing tag, shooting hoops, or walking to the park **323 calories**	**226 calories**
After dinner (2 hours)	Sit and watch TV **172 calories**	• Take a walk with spouse/neighbor/friend at an easy pace (30 minutes) • Do light chores—put clothes in washing machine, pack lunch for tomorrow, sort mail (30 minutes) • Sit and watch TV, getting up during commercials to put clothes in dryer and get a glass of water (1 hour) **375 calories**	**203 calories**
Total Time	**Total Calories burned**	**Total Calories burned**	**Total Extra NEAT Calories burned**
5 hours, 54 minutes	**678**	**1,363**	**685**

Caution to
Couch Potatoes

Adults spend up to 68 percent of their waking hours sitting—that's more than 9 hours per day! We sit in cars or trains on the way to work, we sit at a desk at the office, we sit when we're eating, we sit in front of the TV, we sit at our child's soccer game...you get the picture.

A worn-down couch cushion isn't the only downside of sitting too much. Some experts have gone so far as to say that sitting—they've dubbed it "sitting disease"—may be at least partly to blame for the obesity epidemic. Studies show the more you sit, regardless of how much formal activity you get, the higher your risk is for heart disease, weight gain (which comes with its own set of problems), certain types of cancer, diabetes and other health problems.

Why is sitting so bad for you? When you're parked on your butt for too long, you experience:

• **A surplus of glucose.** Glucose (blood sugar) is the main source of fuel for our muscles. When you're walking, running or even just standing in place, your muscles contract to maintain balance and help you move. When you're sitting, your muscles don't need the glucose that's floating in your bloodstream, and this unused glucose gets deposited in fat tissue, primarily in the abdominal area, as free fatty acids (FFA). The more FFAs that accumulate, the greater the risk for obesity, insulin resistance

(a condition that can lead to diabetes) and vascular disease.

• **A drop in metabolism.** Even when you're doing nothing but standing, your muscles are engaged—they help support your body—which means they are using oxygen and expending energy. Muscle activity in the legs is 2.5 times higher when you're standing compared to sitting.

• **A growth of your fat cells.** When you take a load off, you're putting a load *on* the fat cells in your buttock area. The pressure from too much sitting may actually encourage those cells to accumulate up to 50 percent more fat, according to research at Tel Aviv University. Even worse, these ballooning fat cells trigger neighboring cells to expand as well. So, in addition to accumulating fat by overeating and under-exercising, it could be that the force of your body weight on fat cells is yet another fat storage trigger.

• **An increase in body fat.** Excessive sitting can reduce your body's ability to burn fat. When you don't use your muscles, you end up with lower levels of the enzyme

lipoprotein lipase (LPL), a compound that helps convert fat into fuel to make your muscles contract. It's a weight gain double whammy: Not only do you have a reduced ability to burn fat because you have less LPL, but you also have more body fat (from the unused blood glucose described above)!

• **Mindless eating.** Sitting and snacking often go hand in hand, especially when you're watching a show, sporting event or movie. And again, you're probably not chomping on celery or carrots. Inactivity plus extra empty calories is a formula for weight gain.

How much is too much when it comes to tush time? The jury's still out, but we recommend limiting sitting time to no more than 6 to 8 hours a day.

Keep in mind, we start to lose muscle mass as we age. Add inactivity to the mix, and you're looking at an even greater loss in muscle tissue (activity helps maintain and build muscle). This is a real blow to weight loss because muscle tissue burns more calories than fat, even when you're sleeping. In particular, inactivity affects the body's ability to burn calories while at rest.

"Let's be real"

Sitting Versus Just About Everything Else

Take a look at how sitting compares to a variety of activities when it comes to calorie burn (estimates are based on a 180-pound individual). The bottom line: **You're better off doing almost anything but sitting on your bottom!**

ACTIVITY	CALORIES BURNED PER MINUTE
Sleeping	1.4 calories
Sitting	1.9 calories
Sitting while fidgeting	2 calories
Standing	2.6 calories
Shopping	3.3 calories
Playing with kids (moderate effort)	5 calories
Cleaning/sweeping	5 calories
Gardening/raking leaves	5.5 calories
Walking at a moderate pace (3.5 mph)	6.2 calories
Cleaning the garage/basement	7.2 calories
Shoveling snow	7.6 calories
Mowing the lawn	8.3 calories

Tackling the Temptations of TV

Americans average about six hours a day in front of the TV, watching videos or playing video games. When you're watching TV:
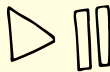
A. You're usually not exercising,

B. You're not sleeping (adequate shuteye helps control weight) and

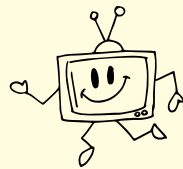**C.** You could easily have a snack in your hand.

real tips

Keep TV Time in Check by

Setting a limit.
Two hours per day or less is your goal. Set a timer so you don't lose track.

Using a DVR.
This shortens the amount of time you're in front of the TV and also allows you to zip by food commercials.

Being an active watcher.
Stretch, walk in place or just stand and watch. If you're watching live TV, use the commercial time to do some pushups or catch up on some chores. Have a treadmill or exercise bike? Put your TV right in front of it so you can watch while you work out!

Move a Little, Lose a Lot

We've told you how important it is to incorporate more activity into your everyday life. Now, we're going to tell you how to do it. Use these helpful hints (and talk to your coach who can help you come up with more) to assimilate "NEAT" moves into your day.

Step it up. Use the stairs instead of the elevator or escalator. (Remember: the Real Appeal motto is: small steps for big results! Every step counts!)

Don't be a parking spot snob. Forget about snagging the closest spot. Park far away from building entrances. (Bonus: It's easier to get out of the parking lot when you're leaving!)

Form a walking carpool. Instead of dropping the kids off at school, walk them there. You can gather a group of nearby kids and walk together.

Make an early exit. If you commute by mass transit, get off a stop early and walk the rest of the way.

Skip the seat. Stand on the bus or train for at least part of your commute.

Ditch your desk chair. Speak with your human resources department about the possibility of ordering a standing desk.

Expand your lunch horizons. Instead of going to the closest coffee shop or lunch place, walk to one a couple of blocks away.

Log off. Skip the email or call to your coworker—walk to his or her desk to chat.

## Is Your Job Making You Fat?

real tips

If you have a job that entails sitting for large chunks of the day, the answer might very well be yes. People who work an active job (waitress or nurse) can easily burn more than 1,000 calories more per day than those who have a more sedentary job (like a receptionist).

If you spend a lot of time seated at work, make sure to get up and take a break during the day.

At a minimum, **stand for 5 to 10 minutes** every hour and get up and **move around for 10 to 15 minutes** every two to three hours.

Skip the stilettos or sharp dress shoes (or stash a pair of walking shoes in your desk)—you'll be more likely to take a stroll if you're wearing comfy shoes.
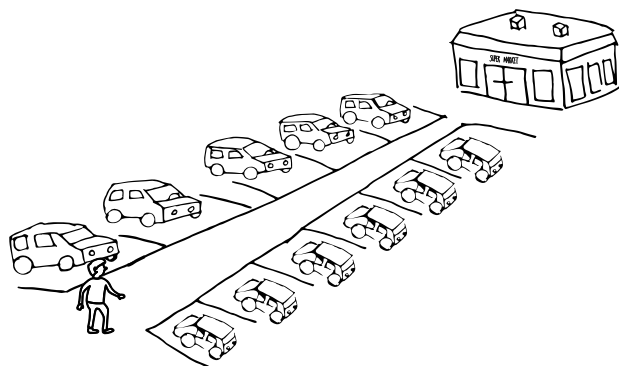
Take a stand. Stand when talking on the phone, during work meetings or even while eating a meal. You might even suggest a "walking meeting" with a coworker.

Find a farther restroom. When you have to use the restroom at work, choose one that's a distance from your desk.

"Work out" while you're driving. Contract your abs for 30 seconds then release, or do it while you're waiting for the stoplight to change. Concentrate on your posture—straight spine, shoulders back, head up.

Don't park it at the park. Instead of sitting watching your kids play, push them on the swing, try the monkey bars or enjoy a ride down the slide.

Do your chores. Vigorous household tasks like cleaning, yard work or organizing the garage burn a lot of calories.

Make extra trips. When folding laundry, take only one pile at a time to put away and repeat until you're finished.

Count on it. Use your Real Appeal pedometer to see how many steps you're taking daily, then challenge yourself to beat it the following day. Set weekly or monthly goals for yourself or challenge a fellow Real Appeal group member to a steps contest.

Add your own ideas:

Commitment
Contract

I'll move more (to lose more) during the day.

Making an effort to be more active during the day can help me burn more calories and reach my weight-loss goals. This week:

☐ I'll look for opportunities to be more active in my everyday life, whether I'm taking the stairs instead of the elevator or standing while watching TV.

☐ Using the chart on the right, I'll log my tush time and limit the amount of time I spend sitting to between four to eight hours per day, aiming for the lower end of that range. Meanwhile, I will track my minutes of NEAT time for at least two days this week; one day at work, one day off. (The more days you log, the better picture you get of your week.)

☐ Meanwhile, I'll continue my other healthy habits (weighing in, tracking, staying within my calorie range, etc.) to the best of my ability.
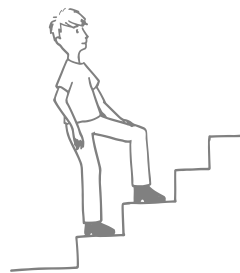
My signature: _____

Time Spent Sitting

PLACE	DAYS							
	M	T	W	Th	F	S	Su	Total
At your desk/office/work station or elsewhere								
In the car or public transportation								
At home (watching TV, using smartphones or other devices, playing seated video games, eating while sitting, etc.)								
Other leisure time outings (sitting at restaurants, sports events or other social events)								
Other								

Time Spent on NEAT Activities

PLACE	DAYS							
	M	T	W	Th	F	S	Su	Total
Walking (to/from car, to store, short flights of stairs, to coworker's desk)								
Light household chores (dusting, preparing dinner)								
Yard work (clipping hedges, raking leaves)								
Standing (during commute, while watching TV or talking on the phone)								
Other								