Daily physical activity plays a key role in lowering the risk of chronic diseases, such as obesity and cardiovascular disease. Experts once believed you needed a formal exercise routine to achieve health benefits. While an exercise routine is an asset, a growing body of research supports movement throughout the day. Sitting less and moving throughout the day burns calories and improves cholesterol and triglyceride numbers.

NEAT, which stands for non-exercise activity thermogenesis embodies this idea of more informal movements. This type of activity includes all the energies we expend when we are not eating, sleeping or performing a formal exercise routine. Whether it’s walking from your car, doing yard work, playing with kids or taking the stairs, these movements are all adding to your overall activity level and calorie burn. So, why not indulge in more of these activities and be even more intentional about them? We can make daily activity more fun, playful and fulfilling by incorporating small bursts of activity to keep our bodies in motion.

“Make physical activity fun again by incorporating it into your everyday activities. Engage family and friends to go for a walk or even play a game of Kick the Can.”

- Chad Fritsche, Employee Well-Being Specialist

How can you get more movement?

• Perform air squats or desk push-ups on a conference call
• Find a flight of stairs to walk up instead of the elevator
• Play – skip, race, or kick a ball with your children or grandchildren
• Take a different (longer) route while walking to grab coffee or lunch
• Make mundane tasks more fun by putting on music and dance as you do household chores
• Take a break and go for a walk