



NEAT

Non-Exercise Activity Thermogenesis

NEAT is all the small movements we do in a day that burn calories. Increasing your daily levels of NEAT will help with weight loss and maintaining it. Come up with some creative ways to move more during the day.

Walk More

Park Further From The Store

Take The Stairs

Prep/Cook Meals From Scratch

Get A Standing Desk

Wash The Dishes

Wear A Weighted Vest

Scheduled Movement Times

Gardening

Stand While Watching TV

Wash Your Car

Take Time To Stretch

Mow The Lawn

Run Arends

Clean Your Room

Walk While Talking On The Phone



Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



**BUBBIE WAS
CHUBBIE**

