



Your NEAT Movement Guide

Small steps. Big impact.

NEAT = all the movement you do **outside the gym**—walking, chores, errands, standing, fidgeting—it *all counts*!

These micro-movements can add up to **hundreds of extra calories burned per day**, more energy, and better overall health 🌟



Morning Momentum

✨ Start your day moving—before the day starts moving you!

- 🗑️ **Move while you get ready:** march in place, calf raises while brushing teeth
 - ☕ **Morning walk:** even 5–10 minutes gets your steps rolling
 - 🧘 **Stretch while coffee brews**—wake up your body gently
 - 🧹 **Tidy for 10:** reset your space and get your heart rate up
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Workday Wiggles

Perfect for busy days at the desk—movement breaks = energy boosts 🌟

- ⌚ **Set a timer every hour** to stand, stretch, or walk
- 📞 **Take calls on your feet** or pace during meetings
- 🪑 **Swap your chair for a stability ball** (core + posture!)
- 🚶 **Walk while you brainstorm or voice note** ideas

-  **Standing desk moments**—try 1–2 hours standing daily
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Midday Moves

Turn errands into intentional movement!

-  **Park farther away** from entrances
 -  **Carry your bags** (bonus arm burn!)
 -  **Walk after lunch**—10–15 min helps digestion & blood sugar
 -  **Add music to chores**—dance your way through laundry
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Afternoon / Evening Energy

Keep moving even when you're home and comfy 💜

-  **Walk your dog (or yourself!)** before or after dinner
 -  **March or stretch** during commercials
 -  **Light stretching before bed** → helps recovery & sleep
 -  **Step challenge** with your watch, partner, or friends
 -  **Tidy 10** again—put away clutter, reset for tomorrow
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Weekend Wins

Weekends are prime NEAT time—make fun count!

- 🛒 Farmers market strolls
 - 🚲 Bike rides with family
 - 🌲 Hiking or nature walks
 - 🧼 Deep clean your house (yep, it counts!)
 - 💃 Dance night in your kitchen
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Quick Tips to Boost NEAT Effortlessly

- ✓ Aim for **7,000–10,000 steps/day** (but progress counts!)
 - ✓ **Stand more, sit less**—every 30–60 min, get up
 - ✓ Use **music, timers, or step goals** to stay aware
 - ✓ Stack movement onto **existing habits**—walk after meals, during calls, while waiting
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💖 Remember:

You don't need another workout—you need more *movement*.

Every step, stretch, and sway adds up.

Small shifts = big changes 🌟