



NON-EXERCISE ACTIVITY THERMOGENESIS (NEAT)

ADD THE FOLLOWING TO YOUR DAILY LIFE:

- Fidgeting
- Gardening
- Walk your dog
- Play with the kids
- Do chores at home
- Use a standing desk
- Dance in the shower
- Pace up and down while talking on the phone
- Park further away from your destination
- Take the stair when possible
- Target 10,000 steps or 10km daily, intermittent
- Serve yourself where possible
- Use the toilet that's farthest away
- Drink plenty of water to increase frequency of visiting the washroom
- Increase coitus frequency, for married couples

For optimum results, please consider combining this with our **Custom Exercise Training & Diet Programs**, to help in your health and wellness journey.