

Monthly Health Challenge™



Move More the NEAT Way

CHALLENGE

Make simple changes to daily activities to move more

Requirements to complete this HEALTH CHALLENGE™

1. Read “Move More the NEAT Way.”
2. To complete the challenge, find ways to move more on at least 22 days this month.
3. Keep up this habit for a lifetime of good health.



Edward Payson Weston
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It was a chilly, fall day in Chicago, Illinois. Edward Payson Weston and Dan O’Leary laced up their shoes, and decided to go for a walk.

But it wasn’t a normal stroll in the city. Both men stepped on to a track inside the Interstate Exposition Building in 1875 with something else in mind...walk 500 miles in a week.

Hundreds of people crowded the sidelines to watch two of the best athletes in the sport of pedestrianism (i.e., walking). After all, prize money worth \$90,000 today was on the line.

Both men took a short break to sleep each day. Other than that, they circled the track for hours. By the end of the week, Weston and O’Leary logged about 1 million steps each. But it was O’Leary who stepped it up to walk the most...503 miles in six days.

How many steps do you take in a day, a week, or a month? Probably not as many as Weston or O’Leary.

Being active isn’t always easy when your schedule is pressed for time. But that doesn’t mean you should just give up. There’s a NEAT way to sit less and move more. Take the month-long health challenge to *Move More the NEAT Way*.

Sit less, move more: Does it make a difference? Take the quiz to find out.

T F

1. The average adult spends at least half of their waking hours sitting.
2. Cutting the amount of time you’re inactive by just 10 percent a day, greatly lowers your risk of early death.
3. There is no link between sitting for long periods of time and chronic disease or early death.
4. Two minutes of exercise for each hour of sitting can lower the risk for dying early by 33 percent.
5. The average adult only takes 5,000 to 7,000 steps a day, but it may not be enough for best health.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about ways to be more active...even if you don’t have time for a typical workout. When you sit less and move more, you’ll feel better and be healthier.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

Say Goodbye to the No-Time-to-Exercise Excuse

Go ahead, say it: “I don’t have time for exercise.” It’s the number one excuse people use to skip a workout, avoid going for a walk, or simply not exercise at all.

Maybe you’re short on time. Maybe your schedule is already overbooked. Maybe the gym is too far away to be more active.¹

Every one of those excuses ends now. New research shows that even a little exercise is good for your health at any age.² And you can do it by simply making some small changes to your daily routine.

The top 10 excuses for not exercising (and solutions!)
tinyurl.com/y5fdvjuk

The NEAT Way to Improve Your Health

If a typical workout isn't your thing, or your schedule really is kind of crazy, how are you going to sit less, move more, and be more active to be healthy? There's a NEAT way to do it.

It's called **Non-Exercise Activity Thermogenesis**.³

It's the energy you use and calories you burn when you do anything. Sure, it takes effort to take the stairs, walk through the grocery store, move furniture, or play with your kids. But even singing, laughing, and cleaning your house are NEAT activities.

Research shows increasing NEAT activity level can help:⁴

- ✓ Control blood sugar levels and prevent diabetes
- ✓ Improve cholesterol levels
- ✓ Burn calories
- ✓ Lower blood pressure
- ✓ Increase metabolism
- ✓ Reduce the risk for heart disease
- ✓ Support weight management
- ✓ Strengthen the heart, lungs, and muscles

6 things to know about NEAT
tinyurl.com/y4sgrrjc

21 NEAT Ways to Be More Active

No-time-to-exercise excuses, be gone! Even if you're too busy to hit the gym, there are a lot of NEAT ways to be more active, sit less, and move more.

Overcoming barriers to physical activity: No more excuses
tinyurl.com/y3qk9u49

At Home

- Clean the kitchen like your guests are showing up any minute.
- Vacuum. No the robot-vacuum doesn't count.
- Rearrange your furniture.
- Take Fido for a walk.
- Take out the garbage.
- Fold laundry standing up.
- Then race to put it away.
- Walk to the neighbor's house instead of texting.
- Exercise during TV ads (push-ups, jumping jacks, running in place).



At Work

- Stand up and stretch every hour.
- Always take the stairs
- Use a stand-up desk most of the time
- Go for a walk and hold a meeting at the same time
- Walk to deliver a message to a co-worker instead of sending an e-mail.
- Walk back and forth when you're on the phone or thinking



Out and About

- Park far away when you go to the store.
- Take the stairs instead of the elevator or escalator.
- Walk a lap around the store before you start shopping.
- Turn shopping into a race, and find your items as fast as possible.
- When you can, carry your groceries instead of using a cart.
- Go inside instead of using the drive-thru.
- Stand while waiting for a ride or meeting.



Improve your health with NEAT activity

If you spend a lot of time sitting at work, in the car, on the couch, or at the dinner table, you need to find a way to be more active. Even if you're short on time for exercise. Walking 500 miles a week like Weston and O'Leary probably isn't going to happen. Still, you can be more active and improve your health with NEAT activities.

Use the NEAT factor to burn calories
tinyurl.com/yxg3deym

References

- Centers for Disease Control and Prevention. (2017). Exercise or physical activity. National Center for Health Statistics. From: <https://tinyurl.com/y3xpzcrq>
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- Villablanca, P., et al. (2015). Nonexercise activity thermogenesis in obesity management. *Mayo Clinic Proceedings*, 90(4): 509-519. From: <https://tinyurl.com/y2qvbwjc>
- Chung, N., et al. (2018). Non-exercise activity thermogenesis (NEAT): a component of total daily energy expenditure, *Journal of Exercise Nutrition and Biochemistry*, 22(2): 23-30. From: <https://tinyurl.com/y5fp27uh>

Move More the NEAT Way



CHALLENGE

Make simple changes to daily activities to move more

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your house keys).
2. Create a plan to change your daily activities to move more.
3. Use the calendar to record your actions and choices to move more the NEAT way.
4. At the end of the month, total the number of days you made changes to move more. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I took action to move more the NEAT way

_____ Number of days this month I was physically active for at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____





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