

# Diabetes Awareness Month

HEALTHY TIP SHEET - NOVEMBER



**A few extra steps and movement in your day won't necessarily use a lot more calories, but it will change your thinking and your way of life. Be the active human you were built to be.**

[Move Your Way Activity Planner](#)

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

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Our bodies are designed for movement, but we continue to find fewer ways to be active in our day and it's to the detriment of our personal health and wellness. Aerobic exercise and resistance training improve glycemic control associated with type 2 diabetes and obesity. Non-Exercise Activity Thermogenesis is a N.E.A.T. way to up your daily activity level to help address many risk factors that lead to metabolic disease. It is the energy expended for everything we do when we are not sleeping or exercising.

## Ways N.E.A.T Can Help You Reach Your Health Goals

- **Strive to take daily steps.** We don't move much anymore these days. Find ways in your day get more steps and always consider the stairs as an easy way to expend more energy during the day.
- **Standing makes a difference.** Sitting at work is a reason that N.E.A.T. is low. You don't use a ton of calories standing instead of sitting, but you are more likely to move around when standing.
- **Use active transportation.** Walk or bike for transportation to work or to do errands. If you take public transportation, either get off a bit early to finish your commute with activity or go to a later stop to begin your commute.
- **Do chores with a mission.** Take care of things around your house that require physical effort and do them as quickly as you can to use energy.
- **Play with kids.** Carve out some time to play as kids do. In addition to increasing activity, it boosts neural activity and cognition.
- **Move as often as you can.** Sustained activity activates a lipoprotein called lipoprotein lipase that helps the body to convert fat to energy.

## Want More Information?

Visit [NebraskaBlue.com/Wellness](https://www.NebraskaBlue.com/Wellness) for additional health and wellness information and to take the Monthly Health Challenge – Move More the NEAT Way.

