

NEAT BINGO

NEAT stands for non-exercise activity thermogenesis. This includes activities other than planned exercises that cause an increase in energy expenditure. By incorporating more NEAT activities, you can increase your daily movement, burn more calories and improve your physical and mental health.

The movements we do outside of exercise make a true difference, so do your best to check off as many boxes as possible this month!

Take the stairs over the elevator.

Go for a walk outside with a friend/dog.

Do a chore that requires moving around.

Spend at least 2 minutes every hour of your workday standing.

Spend more than 30 minutes grocery shopping.

Park farther away from the entrance at work, stores, etc.

Mow the lawn or spend 20 minutes gardening

Get 10,000 steps (or 5 miles) in a day.

Do some **chair exercises** while working.

Vacuum your home.

Take a short walk on your lunch break.

Ride a bike or walk to your destination.

FREE SPACE

Wash/Clean the car (interior or exterior).

Take a walk around town.

Carry a basket instead of pushing a cart at the store.

Walk across your home or up and down the stairs once every hour.

Practice **good posture** throughout the day.

Play with your children or pets.

Get some steps in or move for 1-3 minutes every hour.

Stand up at your workstation and squat 10 times every hour.

Practice **desk stretches**.

Go for a walk after dinner.

Wash and fold a load of laundry.

Walk or pace while talking on the phone.