

# January 2021

## Non-Exercise Activity Thermogenesis (NEAT)

Hate going to the gym? You are not alone! The good news is, getting a gym membership may not be as critical to weight loss as what one might think.

Non-exercise activity thermogenesis, or NEAT, is energy/calories you burn with basic body functions OUTSIDE of structured exercise.

NEAT is important to consider since it often accounts for more calories burned than any structured exercise. In fact, activity throughout your day can help boost your metabolism as part of NEAT and thus, help manage your weight.

How can you take advantage of NEAT? just try simple lifestyle choices like parking further away from the store OR taking the stairs instead of calling the elevator.

The bottom line is- it's difficult to out-exercise a sedentary lifestyle. Focus more on being somewhat active through your daily activities rather than just focusing on structured exercise.

[https://www.webmd.com/fitness-exercise/ss/slideshow-calories-burned-by-household-chores?ecd=wnl\\_faf\\_120920&ctr=wnl-faf-120920\\_nsl-Bodymodule\\_Position1&mb=8fz1jrBMGpEHXU3QZ/IT6Zbhsq9mNGITgloywUHDiBI%3D](https://www.webmd.com/fitness-exercise/ss/slideshow-calories-burned-by-household-chores?ecd=wnl_faf_120920&ctr=wnl-faf-120920_nsl-Bodymodule_Position1&mb=8fz1jrBMGpEHXU3QZ/IT6Zbhsq9mNGITgloywUHDiBI%3D)

## Cognitive Health

If the pandemic has taught us anything, it's to never take your health for granted. This encompasses more than just the absence of illness, however. When we talk about health it's important to consider emotional, spiritual and social health as well.

When setting goals, it's important to be as specific as possible. Many people choose to set goals in the new year related to physical health. One critical piece to physical health is brain health! This encompasses many things like memory, balance, and emotions. What can you do for your brain health in 2021?

A growing body of evidence shows us that the following steps can keep you firing on all cylinders:

- Take Care of Your Physical Health
- Manage High Blood Pressure
- Eat Healthy Foods
- Be Physically Active
- Keep Your Mind Active

- Stay Connected with Social Activities
- Manage Stress
- Reduce Risks to Cognitive Health

[https://www.nia.nih.gov/health/cognitive-health-and-older-adults?utm\\_source=partner-mailchimp&utm\\_medium=affiliate&utm\\_campaign=healthyaging-20201221](https://www.nia.nih.gov/health/cognitive-health-and-older-adults?utm_source=partner-mailchimp&utm_medium=affiliate&utm_campaign=healthyaging-20201221)

### **Portion Control**

Are you making positive health changes but still struggling to lose weight? You are not alone! One approach to consider is portion sizes. The problem is not always *what* you are eating, but *how much* you are eating.

- Don't over-serve yourself. Adults tend to eat 92% of whatever is on their plate, regardless of hunger level.
- Next, store food where it is out of sight. If you see it, you're more likely to grab it. This goes for snacks and meal-time. Serve from the kitchen and only put veggies on the table. If you want seconds you're more likely to grab the food right in front of you.
- Eat mindfully. TV, phone and other distractions make us less aware of hunger cues, thus allowing ourselves to eat more without paying attention.
- Use smaller dishes to make your servings look bigger/ more satisfying.

<https://www.rush.edu/news/portion-control-weight-loss>