

## Step This Way

Week 6

# Ever Hear of “NEAT” Calories?

“Research shows that people who are physically active during the day can burn an extra 300 calories per day,” says Pete McCall, MS, an exercise physiologist with the American Council on Exercise. “Over 12 days, that can add up to an extra pound of weight loss,” he says.

Non-exercise activity thermogenesis, or NEAT, which is defined by energy that you expend when you are not sleeping, eating, or doing structured physical activities like jogging or sports.

It’s simple, “NEAT” activities increase your metabolic rate through the day.

How do your “NEAT” calories stack up?

According to Kimberly Lummus, MS, RD, Texas Dietetic Association media representative and public relations coordinator for the Austin Dietetic Association in Austin, Texas, in 30 minutes a person who weighs 150 pounds can burn the following number of calories:

- Raking leaves = 147 calories
- Gardening or weeding = 153 calories
- Moving (packing and unpacking) = 191 calories
- Vacuuming = 119 calories
- Cleaning the house = 102 calories
- Playing with the kids (moderate activity level) = 136 calories
- Mowing the lawn = 205 calories
- Strolling = 103 calories
- Sitting and watching TV = 40 calories
- Biking to work (on a flat surface) = 220 calories

***Don’t forget to take  
advantage of your Step  
Conversion Chart...  
“NEAT” activities count  
for LOTS and LOTS of  
steps!!!***

