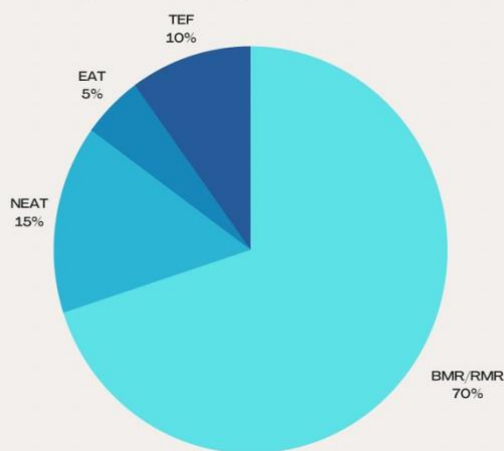


## Energy Balance

How your body uses calories?



### But what do those letters mean?

- **BMR- Basal Metabolic Rate:** this is what your body uses simply to keep you alive and maintain basic bodily functions.
- **NEAT - Non-Exercise Activity Thermogenesis:** the activity you do when not exercising, fidgeting, walking housework etc.
- **EAT - Exercise Activity Thermogenesis:** purposeful exercise or training.
- **TEF - Thermic Effect of Food:** the energy used in the consumption, digestion and absorption of food.

As you can see from the pie chart your “NEAT” makes up more of your daily energy expenditure than your “EAT”.

This is why when we talk about forming new habits to support weight management we look at how we can increase your “NEAT”, normally through a manageable steps goal to fit alongside your gym sessions.

#### Tips for increasing your NEAT

- Consider waking half an hour earlier and getting yourself out for a 20 minute walk before work.
- Set an alarm every 1-2 hours to prompt you to get up and move around if you have a job that has you sat at a desk most of the day.
  - Lunchtime coffee planned with a friend? Grab a coffee and walk and talk.
- Making a brew in the afternoon? Try to keep moving around or do some squats whilst the kettle is boiling.
  - An oldie but a goodie.... Take the stairs instead of the lift.
  - Try getting off the bus/train a stop earlier and walking the rest of the way.
- If you drive to the gym, park a little further away and walk the last 5 minutes, helping towards your warm up too.
- Prepping dinner and your favourite song comes on? Have a little kitchen disco, dancing is classed as NEAT!