

NEAT – Non-Exercise Activity Thermogenesis might help

Exercise directly helps people with blood sugar issues in a number of ways. Exercise helps to lower the average level of blood sugar. It also helps insulin to function better, too. This is a wonderful synergy and very nice combination.

But what will it take to get you up and moving, get your butt out of the chair or off the couch, each and every day?

In human history, our ancestors were physically active every day. Frankly, they had to be, for survival. Right??

Our human ancestors couldn't go to the store, or order food out and have it delivered (hello pizza delivery, I am looking at you). ;^) They had to work hard to get their meal, whether that was hunting, or planting and harvesting, or gathering whatever they could find. And they did this work for each meal of the day. Every day. It's obvious that was a lot of work.

Today's lifestyles, though, often mean there is a heck of a lot more sitting. So we aren't getting the benefit of constant movement to get food, water, or stay safe. Most of us are sitting way too much each day.

For many people, this lack of activity is where troubles with blood sugar begin. **Lack of regular movement**, combined with eating too much of the wrong kinds of food and beverages is a big issue.

So let me introduce this idea to you.

NEAT – A Way to Change the Weight Loss and Blood Sugar Game

It turns out that regular movement throughout the day has been studied for years as an effective way to lose weight, to get the metabolism in the fat-burning zone and simply help you feel better.

NEAT, which stands for Non-Exercise Activity Thermogenesis, is a fine way to shift habits and help move blood sugar towards the healthy

range. Basically, it means you move throughout your day, including the times you would otherwise be sitting.

Something as simple as using a standing desk or a walking treadmill can really help you make the lasting habit shift to get moving and stay moving. By reducing sitting, you shift your metabolism and help improve your blood sugar.

Oh in case you are wondering, a walking treadmill is a treadmill that lets you walk at a comfortable pace, but doesn't go fast enough for you to run or break a sweat. It's this base level of movement that can make all the difference in having long-term success with making movement and exercise a regular, "I would not miss it for anything" part of your day.

**Want to know more? Check out this website:
<insert link here>**

<https://www.ncbi.nlm.nih.gov/pubmed/26003325>

[Diabetologia](#). 2015 Aug;58(8):1751-8. doi: 10.1007/s00125-015-3624-6. Epub 2015 May 24.

Sick of sitting.

[Levine JA](#)¹.

<https://www.ncbi.nlm.nih.gov/pubmed/22073428>

[Urban Stud](#). 2011;48(11):2417-27.

Non-exercise physical activity in agricultural and urban people.

[Levine JA](#)¹, [McCrary SK](#), [Boyne S](#), [Smith J](#), [Cargill K](#), [Forrester T](#).

<https://www.ncbi.nlm.nih.gov/pubmed/9880251>

[Science](#). 1999 Jan 8;283(5399):212-4.

Role of nonexercise activity thermogenesis in resistance to fat gain in humans.

[Levine JA](#)¹, [Eberhardt NL](#), [Jensen MD](#).

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Nonexercise activity thermogenesis in obesity management.

[Villablanca PA](#)¹, [Alegria JR](#)², [Mookadam F](#)³, [Holmes DR Jr](#)⁴, [Wright RS](#)⁴, [Levine JA](#)⁵.

What Habits Get you Exercising and Keep You Exercising Day After Day?

Some benefits of early morning exercise

1. You kickstart your metabolism. Early morning exercise helps you burn more calories for the next 24 hour. This effect is most pronounced in the first 3 – 4 hours after exercise. This helps you burn calories you eat, instead of store calories as fat. And exercising in the early morning, before eating, keeps your body in a fasted state. This means you are more likely to burn fat. So if your looking to lose weight and become efficient at burning fat, exercise before eating breakfast.
2. You feel like you got something important done first thing in the morning. Starting the day with exercise means you got something done that was on your daily to-do list of important things to accomplish. It fuels your sense of getting things done right out of the gate. Good for you! Exercising is a great way to start the day.

Now if this is not yet your habit, I get it. You might not be a “morning person”. Or maybe you struggle with being organized enough to start your day with exercise. That’s OK. This is an important habit to shift; it gives you a lot of benefit that you don’t get later in the day.

3. You give your brain a natural boost. Exercise is even better than caffeine, coffee or other stimulants.
4. You get better sleep. That’s right, you sleep longer, deeper and better. And if you’re looking to manage weight, lose weight, eat clean and feel great, exercise in the morning is the way to go for most people.
5. You improve blood circulation throughout your whole body, including your brain. This helps you feel better and everything work better.