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Non-Exercise Activity Thermogenesis: A NEAT approach to weight loss

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Non-exercise activity thermogenesis (NEAT) refers to calorie burn associated with non-volition exercise and lifestyle activity. NEAT plays a significant role in energy expenditure from daily physical activity, often times greater than that of exercise. Quantitative enhancements of NEAT activity includes taking the stairs, avoidance of moving platforms, and parking far from destination. Qualitative enhancements of NEAT include the utilization of exogenous weights such as ankle and wrist weights during activities of daily living. Studies show that maintenance of energy expenditure from NEAT activity has greater sustainability than that of exercise activity for most patients.

Biography

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