



# Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

March 23, 2009

WEEK 5

## Be NEAT and Move More

NEAT stands for Non-Exercise Activity Thermogenesis. That can be a mouthful, so let's take a step back in order to help understand what NEAT is.

The total amount of energy we use every day is a combination of the Basal Metabolic Rate, the thermic effect of food and activity thermogenesis. Basal Metabolic Rate is the energy used when the body is awake but at complete rest. It's the minimum amount of energy used to keep us alive and for the functioning of vital organs. For those in sedentary occupations, the basal metabolic rate could account for 60% or more of total energy expenditure.

The thermic effect of food is the energy used with digestion, absorption, and storage of food.

Activity thermogenesis is related to the energy used and created during activity, both exercise AND non-exercise. So Non-Exercise Activity Thermogenesis is the energy expended for basically everything except sleeping, eating, and exercise. Examples include typing, fidgeting, walking to the bathroom, standing, and shopping.

The reason why NEAT is so, well, neat, is that it can actually help to counteract a sedentary lifestyle and reduce weight gain. So move around more. Go to a restroom farther away, stand and march in place while making a phone call, or walk down the hall to talk with your co-workers.

It's important to remember that increasing your NEAT does not replace aerobic activity as part of a healthy lifestyle. The benefits from regular aerobic activity of better cardiovascular health, improved mood, better sleep, and reduced risk of chronic diseases, will not be gained by increasing your NEAT.

Learn more about NEAT:

[http://mayoresearch.mayo.edu/mayo/research/levine\\_lab/](http://mayoresearch.mayo.edu/mayo/research/levine_lab/)

## Don't Forget the Whole Grains

According to the [Whole Grains Council](http://www.wholegrainscouncil.org): "Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed."

One serving of whole grain equals 16g and you should aim for at least 3 servings a day or 48g total. Benefits from consuming enough whole grains include: better weight management, improved digestive help, and reduced risk of heart disease, cancer and diabetes.



In order to help you determine what foods contain whole grains, look for the whole grains stamp. If a product carries the **Basic Stamp**, it has at least 8g of whole grain, but could have some refined

grains, too. If a product carries the **100% Stamp**, that means all of the grain ingredients in that product are whole grains and it has at least 16g of whole grain in a serving.

Learn more:

Whole Grain Council:

<http://www.wholegrainscouncil.org/>

Whole Grains Made Easy from the American Dietetic Association

[http://www.eatright.org/ada/files/Whole\\_Grains.pdf](http://www.eatright.org/ada/files/Whole_Grains.pdf)

## Announcements

### **Dancing for Fitness**

Friday, April 3, 12:10-1pm

251 Hearst Gymnasium

- Fit some fun and fitness into your day with these free, beginner dance classes including salsa, brazilian, jazz and more. No partner required. Enroll online at the UCB Learning Center.