



**Move a Little, Lose a Lot: Use N.E.A.T.\* Science to: Burn 2,100 Calories a Week at the Office, Be Smarter in as Little as 3 Hours, Reduce Fatigue by 65%, Extend Your Lifespan by 4 Years**

*James Levine M.D., Selene Yeager*

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Escape Your Desk Sentence!


Dr. James Levine, one of the country's top specialists in obesity, says America suffers from "sitting disease." We spend nearly ten to fifteen hours of our day sitting—in cars, at our desks, and in front of the television. The age of electronics and the Internet has robbed us of the chance to burn up to 1,500 to 2,000 calories per day, leaving Americans less active (and much heavier) than we were thirty years ago. We are facing a human energy crisis.

What you need, according to this doctor's orders, is to get moving, or nonexercise activity thermogenesis (NEAT). NEAT is as simple as standing, turning, and bending. Research proves that daily NEAT activity burns more calories than a half hour running on the treadmill. Just by the very act of standing and moving, you can boost your metabolism, lower your blood pressure, and increase your mental clarity. It's about using your body as it was meant to be used. *Move a Little, Lose a Lot* gives you literal step-by-step instructions for small changes that equal radical results:

- Give at the office—burn 2,100 calories a week just by changing your daily work routine.
- Hey, Einstein—just like the scientist who thought up his most famous theory while riding his bike, you can increase production of new brain neurons in as little as three hours.
- Tired of being tired—reduce fatigue by 65 percent with low-intensity NEAT workouts.
- Don't forget—an Italian study showed active men and women were 30 percent less likely to develop Alzheimer's disease.

*From the Hardcover edition.*

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