Mitigating Your Risk: 
Boost Your Metabolism with Movement

Presented by:
Ashley Varol, PhD, Employee Wellness Manager
Ashley Martin, MS, Employee Wellness Coordinator
Metabolism is the process by which our cells utilize the energy we have absorbed from food during digestion.

https://health.usnews.com/health-news/blogs/eat-run/2013/02/05/digestion-vs-metabolism
https://www.acefitness.org/education-and-resources/lifestyle/blog/6852/6-things-to-know-about-non-exercise-activity-thermogenesis
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 pound of fat = 3500 calories</strong></td>
<td></td>
</tr>
<tr>
<td><strong>3500 calories/7 days per week = 500 calories per day</strong></td>
<td></td>
</tr>
<tr>
<td>Increase NEAT above current status</td>
<td>200</td>
</tr>
<tr>
<td>(2 mile walk / 4,000 steps)</td>
<td></td>
</tr>
<tr>
<td>Decrease food/beverage calories consumed</td>
<td>300</td>
</tr>
<tr>
<td>(12 oz sugared beverage and a snack)</td>
<td></td>
</tr>
<tr>
<td><strong>Total Calorie Deficit</strong></td>
<td>500 (x 7)</td>
</tr>
<tr>
<td></td>
<td>3500</td>
</tr>
</tbody>
</table>

https://www.acefitness.org/education-and-resources/lifestyle/blog/6852/6-things-to-know-about-non-exercise-activity-thermogenesis
Don't forget – the package your snack/beverage comes in may include more than one serving, so you've got to do the math!
CALORIE DENSITY

OIL  CHEESE  MEAT  POTATOES, RICE, BEANS  FRUITS & VEGGIES

...and why whole plant-based foods will help keep you lean and satisfied.

forksoverknives.com

NEAT Options for the Workplace

• **Get up and move** – or you’ll reduce the levels of lipoprotein lipase (enzyme that converts fat to energy), and burn less fat.
  
  • Spend 20 minutes total per work day (5 minutes every other hour) to stretch & exercise at your workspace.
    
    • Take a flight of stairs to the bathroom.
    • Walk to your next meeting.
    • Stand during phone calls or meetings
    • Tap your feet when you must sit.
    • Park farther away than you have to.

rainmaker
DAREBEE OFFICE WORKOUT @ darebee.com

Cardio Mixer
DAREBEE HIIT WORKOUT @ darebee.com

20 side circles
10-count hold
20 side clenches

20 forward circles
10-count hold
20 forward clenches

20 overhead circles
10-count hold
20 overhead clenches

20sec half jacks

20sec squats
20sec step back + knee ups

fight ready

DAREBEE WORKOUT
@darebee.com
repeat 5 times
1 minute rest in between

40 punches (jab + cross)
20 squats
20 low front kicks
40 side leg raises
40 sec wall-sit

Reset Stretch

DAREBEE WORKOUT @darebee.com
20 seconds each exercise.

chest squeeze
tricep stretch
wrist stretch
back arch
tricep stretch (both arms)
overhead shoulder stretch

Get more NEAT out of your day

- **Keep yourself busy at home** – cleaning, chores and organizing can increase your caloric output.
- **Play with kids** – their endless energy can have a great impact on us as we do what we can to keep up! I’m sure a relative won’t mind if you borrow theirs!
- **Window shop** – even if you aren’t in the market for anything, walk around the mall to look.

https://www.acefitness.org/education-and-resources/lifestyle/blog/6852/6-things-to-know-about-non-exercise-activity-thermogenesis
# Let’s Find 30 Minutes Per Day

<table>
<thead>
<tr>
<th>PRIORITY</th>
<th>WHERE</th>
<th>HOW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fit More NEAT Into</td>
<td>At Work</td>
<td>5 minutes:</td>
</tr>
<tr>
<td>the Day</td>
<td></td>
<td>5 minutes:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 minutes:</td>
</tr>
<tr>
<td></td>
<td>At Home</td>
<td>5 minutes:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 minutes:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 minutes:</td>
</tr>
</tbody>
</table>

*Be Well UC*
What Questions Do You Have?

Don’t forget to visit the Be Well UC website to learn more about the program, becoming an ambassador and work toward the $300 incentive!

www.uc.edu/hr/bewelluc