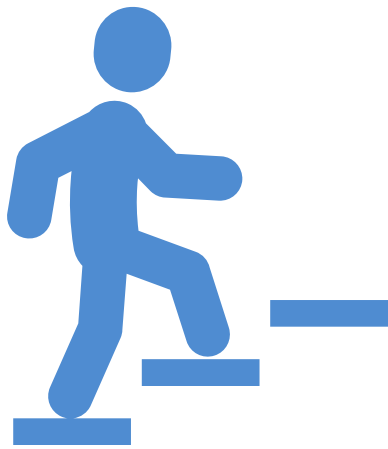


6 WAYS TO

TURN UP THE HEAT

BY DOING MORE NEAT

neat = NON-EXERCISE ACTIVITY THERMOGENESIS



1 TAKE THE STAIRS



2 DO 20 MIN YARD OR HOUSEWORK



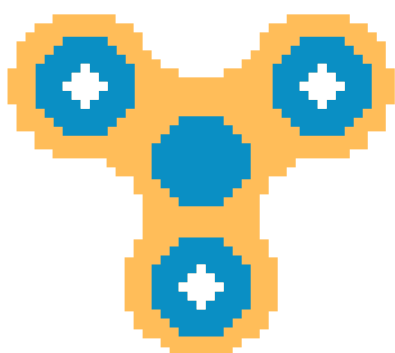
3 GET A DOG. WALK THE DOG.



4 COOK FROM SCRATCH



5 PARK FAR FROM THE ENTRANCE



6 FIDGET