

**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 By Selene Yeager,
James Levine M.D.**

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Their theory is called NEAT science, or nonexercise activity thermogenesis. In their book, Move a Little, Lose a Lot, they say that by incorporating NEAT science into your day, 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.

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