

Mayo Clinic's Medical Edge
NEAT Study

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	FOR NURSE JANET MOLLERT, A DAY AT WORK IS ALMOST AN ATHLETIC EVENT.
Janet Mollert, R.N.	"YOU RUN AND GET THE PATIENTS ITEMS. YOU RUN AND GET SUPPLIES."
	JANET'S PURPOSEFULLY PICKED UP THE PACE AT WORK AFTER SHE LEARNED FROM A MAYO CLINIC STUDY, THAT MOVING MORE INCREASES YOUR METABOLISM AND KEEPS YOUR WEIGHT DOWN.
James Levine, M.D.	"WE IDENTIFIED THAT PEOPLE WITH OBESITY ARE SEATED TWO

	AND A HALF HOURS MORE PER DAY THAN PEOPLE WHO ARE LEAN.”
	DR. JAMES LEVINE SAYS IT’S ALL ABOUT NEAT, OR NON-EXERCISE ACTIVITY THERMOGENESIS. OBESE PEOPLE HAVE A DECREASED NEAT- A BIOLOGICAL TENDENCY TO SIT. AND UNTIL SCIENCE FIGURES OUT WHY THAT IS, AND HOW TO CHANGE IT, THERE ARE THINGS YOU CAN DO TO INCREASE YOUR NEAT. THE KEY IS DON’T SIT DOWN. STAND WHILE YOU TYPE, STRETCH AT WORK AND TAKE THE STAIRS. JUST ASK JANET. SHE’S LOST 20 POUNDS.
Janet	“I HAVE A LOT MORE ENERGY.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

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