

TESTED + PROVEN!

# Lose Weight, No Sweat

Get slim without the gym with this plan to move more. We've got 100 ways.

**T**he biggest health hazard you're up against just might be a chair—or a couch or recliner—and all the time you spend sitting in it. Desk jobs, long commutes, too much TV time—all that inactivity our daily routines dictate—is about as bad for us and as fattening as a steady diet of bacon and bread. And despite what you might think, slipping on sneaks for daily sweat sessions alone isn't enough to combat the slow slide toward sickness. According to a study published in the *American Journal of Epidemiology*, women who sat for more than 6 hours each day had a 37% increased risk of premature death, compared with women who sat for less than 3—regardless of how often they hopped on a treadmill.

Nearly all of us are at risk. The average American

## ***I Did It!***

***"The old me spent evenings on the couch. The new me goes for bike rides with my kids or jumps on the trampoline!"***

***—Heather Kryck, 40, who lost 7 pounds in 4 weeks***

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GREAT IDEA

#12

Don't use the dishwasher



GREAT IDEA

#8

Let TV keep you on your toes



spends more than 8 hours each day with his or her rear glued to a desk chair, car seat, or couch, according to the American College of Sports Medicine.

Just like a car that idles so long its engine stalls, your metabolism puts on the brakes when you lead a sedentary lifestyle, says James A. Levine, MD, PhD, a professor of medicine at the Mayo Clinic in Rochester, MN. The moment you go from walking slowly to sitting, your active calorie-burn rate drops from roughly 3 per minute to 1.

Meanwhile, your triglyceride and blood sugar levels rise. Over time, sitting for hours every day causes your levels of "good" cholesterol (HDL) to fall and puts you at risk of weight gain, diabetes, heart disease, and a variety of cancers.

But you don't have to go so far as to torch your couch. Dr. Levine has

## At Home

# 100 WAYS

To Stand Up For Your Health

**1.** Hide your remote. If you must watch TV, at least stand up to change the channel.

**2.** When cooking or baking, ditch the hand mixer and use a wooden spoon instead.

**3.** Take each family member's laundry upstairs separately.

**4.** When tidying up, put things away in multiple small trips rather than one big haul.

**5.** Chop fresh vegetables instead of buying frozen ones.

**6.** Invest in quality pots and pans; the heavier they are, the more energy it'll take to use them.

**7.** Paint, hang curtains, or finish any other home-improvement task on your to-do list.

**8.** Stand up and march during your favorite TV shows.

**9.** Rather than yell toward family members in other rooms, walk over to talk.

**10.** Stand while styling



developed a program called NEAT (nonexercise activity thermogenesis) to combat America's sitting epidemic. It requires you to rethink all your habits and find new, more active ways to get through your day, like walking into Starbucks instead of sitting in the drive-thru. If you move enough, you can offset the danger of all the sitting you can't avoid. Bonus: You can burn up to 1,000 calories a day, without ever setting foot in the gym.

To prove that this too-good-to-be-true fat-loss solution works in the real world, we asked Dr. Levine and Chris Freytag, our resident fitness expert and pro trainer, to run a *Prevention* test panel on the principles of NEAT. They armed 25 women with a wearable device called the Grube, which monitors personal activity level and tracks calorie burn (learn more on p. 87).

The challenge was simple: The women were told to maximize their daily movements and add mini boosts of activity whenever and wherever possible to burn a mega amount of calories every 24 hours.



## Meet The Experts!

James A. Levine, MD, PhD, and fitness pro Chris Freytag helped our real-women panelists lose up to 11 pounds in 4 weeks!



The results were astonishing: In just 4 weeks of following a 1,600-calorie-a-day diet and maximizing the incidental activity of their days, the women lost a combined 99 pounds—some dropping up to 11 pounds, or almost 3 per week! Here, how they went from chubby couch potatoes to muffin-top-blasting moving maniacs—and how you can too.

your hair and putting on makeup.

**11.** Walk around your home, yard, or neighborhood while on the phone.

**12.** Hand-wash dishes instead of using the dishwasher.

**13.** Wash your car instead of taking it through the car wash.

**14.** Put most-used items on top or bottom shelves so you have to reach for them.

**15.** Leave your cell phone in one location, so when you need it, you must go to it.

**16.** Start a compost pile in your yard.

**17.** Help your kids clean their rooms.

**18.** Organize a closet.

**19.** Rake the leaves as a family.

**20.** Give the delivery guy a break; when you order food in, pick it up yourself.

**21.** Take a shower instead of a bath.

**22.** Walk to the mailbox instead of

checking the mail from your car.

**23.** Plant or weed a garden or care for indoor plants.

**24.** Ask for the paper to be left at the end of your driveway instead of by your front door.

**25.** Give your dog a bath instead of paying someone else to do it.



# Your Pound-Melting Plan

## Step 1 Calculate Your Calories

Wear an activity monitor (our panelists wore the Grube; see p. 87) for 1 week to determine your baseline activity level and daily calorie burn before moving on to steps 2 and 3. This will help you gauge how much—or how little—you're currently moving and help you discover where you can make small changes that'll add up to big results.

## Step 2 Start Moving More

After learning how many calories you typically burn in a day, aim to up that number by at least 500 for the next 4 weeks. This will result in an average weight loss of 1 pound per week. Challenge yourself to find creative ways to change your regular patterns (see p. 82 for 100 inspiring ideas), and stick with those that work best for your lifestyle.

## Step 3 Fight Fat With Food

The focus of this program is to make healthier choices all day long, and mealtimes are no exception. Follow a 1,600-calorie-a-day diet that's packed with fruits, vegetables, lean proteins, and fewer refined sugars and processed foods. You'll have just the right amount of energy to fuel everyday activities and keep hunger at bay while speeding up weight loss.

**26.** Instead of sitting and reading, listen to books on tape as you walk, clean, or garden.

**27.** Preset the timer on your TV to turn off after an hour to remind you to do something more active.

**28.** Slide a small trampoline under your couch and pull it out for *Real Housewives* marathons.

**29.** Put up more Christmas lights.

**30.** The next time it snows, up your karma and shovel your neighbor's sidewalk too.

**31.** Turn on tunes and dance while cooking.

### At Work

**32.** Drink lots of water. (You'll stand up for refills and trips to the bathroom.)

**33.** Hover just above your chair in a squat position for 15 seconds every hour.



**34.** Keep a small water glass, which you must refill often, instead of a large water bottle on your desk.

**35.** Stand up each time you talk on the phone.

**36.** Schedule meetings to take place in far-off conference rooms.

**37.** Buy a plant for your office—watering it will make you more active.



## GREAT IDEA

# #13

Use elbow grease on the car



### I Did It!

*"I used to sit all day, but now they call me 'the fidget' at work. I'm more productive, have more energy, and feel great!"*

— Rebecca Edmondson, 52, who lost 7 pounds in 4 weeks

**38.** Set your computer alarm to ring hourly—stand up for 1 to 5 minutes each time it goes off.

**39.** Walk your lunch outside or to another location in the office instead of sitting and eating at your desk.

**40.** Invest in a standing desk like the Ergotron WorkFit-S (\$379; [ergotron.com](http://ergotron.com))—or get crafty and raise your monitor and keyboard with books.

**41.** Purchase an under-desk pedaling machine, like the Stamina 15-0125 Instride Folding Cycle (\$70; [stamina-products.com](http://stamina-products.com)).

**42.** When you need to brainstorm, do it while walking.

**43.** Dust your office weekly.

**44.** Walk around the block once mid-morning and once midafternoon.

**45.** Make friends with someone on another floor; visit her often.

**46.** Stand while you open and read your mail.

**47.** Wear comfortable shoes (or keep flats under your desk) so you walk more.

**48.** Get rid of your garbage can; walk trash to the kitchen bin.

**49.** Use the vending machine three floors

up—and take the stairs.

**50.** Swap your desk chair for a stability ball—then gently bounce on it.

**51.** When sitting, draw in your ab muscles and tap your toes.

**52.** Place your stapler far enough away that you have to stand up to get it.

**53.** Put people on speakerphone and



**GREAT IDEA**

#35

*Phone on  
your feet***GREAT IDEA**

#81

*Get your  
game on*

pace your office during conference calls.

**54.** If you're meeting a client for drinks, suggest standing at the bar instead of sitting at a table.

**55.** Invest in a treadmill desk like the TrekDesk (\$479; [trekdesk.com](http://trekdesk.com)).

**56.** Instead of a sit-down meeting, ask your boss if you can "talk and walk."

### Traveling

**57.** When you're waiting for a flight, toss your carry-on in a locker and tour the airport.

**58.** Skip the people movers.

**59.** Stand while waiting for a train.

**60.** When stopping for a road-trip break, take a quick lap around the parking lot.

**61.** Carpool. On days you don't drive, fidget as much as possible.

**62.** Get off the bus two stops sooner; walk the rest of the way.

**63.** Book hotel rooms on a high floor and walk up.

### Running Errands

**64.** If you're buying only a few items, skip the cart and carry a basket.

**65.** "Waist dance" to the radio or tap out a beat on the steering wheel while driving.

**66.** Bag your own groceries.

**67.** Do a few biceps curls each time you pick up shopping bags.

**68.** Visit a store instead of shopping online.

**69.** Walk between stores that are in close proximity (don't drive).

**70.** When picking up your kids from school, get out of the car and greet them with a hug instead of waiting in the car curbside.

**71.** Skip waiting rooms. When you have an appointment, check in and then head out for a walk until the receptionist phones you.

**72.** Take a lap around the grocery store before you start shopping.

### Just For Fun

**73.** Get coffee with friends "to go"—walk as you talk and sip.

**74.** Pick your own apples, strawberries, or other fruits and veggies.

**75.** Go for a hike.

**76.** Have sex.

**77.** Give your sweetie a massage (then have him return the favor).

**78.** Paint your own toenails instead of sitting for a pedicure.

**79.** Host a party—the cleaning and