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Movement: The Unsung Hero

Movement is one of the most powerful metabolism boosters — and it doesn't have to look like a workout. Your body was designed to move often, in small ways, all day long, and those tiny bursts of activity quietly shape your energy, blood sugar, and even inflammation. Think of movement like turning a dimmer switch on your metabolism: every step, stretch, and stand-up moment turns the light up just a little more. The best part? You don't need a gym — you just need a rhythm.

NEAT = Non-Exercise Activity Thermogenesis — all the calories you burn just moving through your day.

01 Mini Teaching
The small stuff adds up faster than a 30-minute workout.

02 Example
Your body loves micro-movements — fidgeting, walking, taking stairs. Every bit counts.

03 Try This Today
Add one “movement snack” every hour — stand, stretch, or walk 100 steps.

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<http://healthyuacademy.com>

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