

WHAT IS MET?

Answer: Maybe! Certain activities may be too intense for some people. All activities (recreational, vocational, or "activities of daily living") have a certain energy requirement or "metabolic cost". This can be expressed in metabolic equivalents or METs. Refer to the following Tables 1,2, and 3 for the energy requirements of common activities (source: Pashcow,FJ; Dafoe,WA. Clinical Cardiac Rehabilitation : A Cardiologist's Guide. 1993).

METs are a way of expressing rate of oxygen utilization. One MET is the rate of oxygen utilization at rest (when your body is sitting quietly) and is equivalent to 3.5 ml oxygen/kg body weight/min. An activity that uses oxygen at twice the resting rate is equal to a 2 MET level. Three times the resting rate of oxygen utilization equals a 3 MET level. It does not matter how long you do the activity; the MET level will stay the same as long as you do not change the intensity with which you are working.

The MET level that is appropriate for you can be determined from your stress test. The maximum intensity that you reach during your stress test is very important. It determines your "maximum MET level" or "functional capacity" . You should not perform activities that require a MET level equal or above your maximum MET level. Most people should select activities between 40-80% of their maximum level. A narrower range can be prescribed by your Exercise Specialist. This range may change (intensify) as your training program progresses. Ask your Exercise Specialist what your current training MET level is.

The following tables can be used to select activities which require an energy cost at or below your training MET level.

Work out your caloric expenditure using our interactive [calculator](#).

Energy Cost of Activities of Daily Living		Energy Cost of Recreational Activities	
Activity	MET range	Activity	MET range
Eating	1-2	Golf (cart - riding)	2-3
Driving a car	1-2	Golf (cart - pulling)	3-4
Dressing	2-3	Bowling	2-4
Tub bathing	2-3	Horseback - walk	3-4
Shower	3-4	Horseback - gallop	8.9
Sexual intercourse	3-5	Table tennis	3-5
Energy Cost of Vocational Activities		Dancing	3-7
Activity	MET range	Baseball	4-6
Desk work	1.5	Curling	4-6
Gardening - heavier	3-4	Tennis (doubles - singles)	4-9
Cleaning windows	3-4	Squash	5-12
		Hockey (field/ice)	7-8
		Kayaking	7-11

Cleaning floors	3-4
Washing window	3-5
Grass cutting - power mower	3-5
Carpentry - light	4-5
Carry 20-44 lbs	4-5
Painting	4-5
Wheelbarrow - 100-300 lbs	4-7
Carry 45-64 lbs	5-6
Shoveling - light	5-6
Grass cutting - hand mower	5-7
Shoveling 10/min 10 lbs	6-7
Chopping wood	7-8
Pushing heavy objects	7-8
Shoveling 10/min 14 lbs	7-9
Lifting 100 lbs	7-10
Shoveling 10/min 16 lbs	9-1

Caution! The MET level of an activity will be increased in the following situations:

- activities that require use of arms (especially if above the head)

- activities that require isometric muscle contraction (an isometric muscle contraction occurs when a muscle contraction is sustained without any change in muscle length)

- wind resistance

Rope jumping (<80/min)	8-10
Racquetball	8-12

Cycling (flat terrain)

Activity	MET range
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5 mph	2-3
6 mph	3-4
8 mph	4-5
10 mph	5-6
12 mph	7-8
13 mph	8-9

Walking (flat terrain)

Activity	MET range
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1 mph (60 min/mi)	1-2
2 mph (30 min/mi)	2-3
3 mph (20 min/mi)	3-3.5
3.5 mph (17 min/mi)	3.5-4
4 mph (15 min/mi)	5-6

Running (flat terrain)

Activity	MET range
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5 mph (12 min/mi)	8.75
5 mph (11 min/mi)	9.4
6 mph (10 min/mi)	10.2
6.5 mph (9 min/mi)	11.2
7.5 mph (8 min/mi)	12.5
8.5 mph (7 min/mi)	14.1
10 mph (6 min/mi)	16.3

Swimming

Activity	MET range
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slow (20 yds/min)	4-5
backstroke	7-8
breaststroke	8-9
crawl	9-10

Skiing

Activity	MET range
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downhill	5-9
downhill (4 mph)	8-9
downhill (5 mph)	9-10
cross-country (3 mph)	6-7

Susan Lowe-Wylde
Exercise Specialist