

**Lifestyle Medicine: Tools for Promoting Healthy Change**  
**June 26, 2009 ♦ Boston, MA**

## MET Values

Adapted from: **MET Values of Common Physical Activities Classified as Light, Moderate or Vigorous Intensity (Data from Ainsworth B, Haskell WL, White MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Spo***

Light (<3 METs)	Moderate (3-6 METs)	Vigorous (>6 METs)
<b>Walking</b> Walking slowly around home, store or office = 2.0*	<b>Walking</b> Walking 3.0 mph = 3.3*  Walking at very brisk pace (4 mph) = 5.0*	<b>Walking, jogging &amp; running</b> Walking at very very brisk pace (4.5 mph) = 6.3*  Walking/hiking at moderate pace and grade with no or light pack (<10 pounds) = 7.0 Hiking at steep grades and pack 10-42 pounds = 7.5 – 9.0 Jogging at 5 mph = 8.0* Jogging at 6 mph = 10.0* Running at 7 mph = 11.5*
<b>Household &amp; occupation</b> Sitting - using computer work at desk using light hand tools = 1.5 Standing performing light work such as making bed, washing dishes, ironing, preparing food or store clerk = 2.0-2.5	<b>Household &amp; occupation</b> Cleaning – heavy: washing windows, car, clean garage = 3.0 Sweeping floors or carpet, vacuuming, mopping = 3.0-3.5 Carpentry – general = 3.6 Carrying & stacking wood = 5.5 Mowing lawn – walk power mower = 5.5	<b>Household &amp; occupation</b> Shoveling sand, coal, etc. = 7.0  Carrying heavy loads such as bricks = 7.5  Heavy farming such as bailing hay = 8.0 Shoveling, digging ditches = 8.5
<b>Leisure time &amp; sports</b> Arts & crafts, playing cards = 1.5 Billiards = 2.5  Boating - power = 2.5  Croquet = 2.5  Darts = 2.5 Fishing – sitting = 2.5 Playing most musical instruments = 2.0-2.5	<b>Leisure time &amp; sports</b> Badminton - recreational = 4.5 Basketball - shooting around = 4.5  Bicycling – on flat: light effort (10-12 mph) = 6.0 Dancing – ballroom slow = 3.0; ballroom fast = 4.5 Fishing from river bank & walking = 4.0 Golf - walking pulling clubs = 4.3 Sailing boat, wind surfing = 3.0  Swimming leisurely = 6.0† Table tennis = 4.0 Tennis doubles = 5.0 Volleyball – noncompetitive = 3.0-4.0	<b>Leisure time &amp; sports</b> Basketball game = 8.0 Bicycling – on flat: moderate effort (12-14 mph) = 8.0; fast (14 – 16 mph) = 10 Skiing cross country – slow (2,5 mph = 7.0; fast (5.0-7.9 mph) = 9.0 Soccer – casual = 7.0; competitive = 10.0  Swimming – moderate/hard = 8-11† Tennis singles = 8.0 Volleyball – competitive at gym or beach = 8.0

\*On flat, hard surface.

† MET values can vary substantially from person to person during swimming as a result of different strokes / skill levels.