

Metabolic Equivalent (MET) Values for Activity and Exercise

APPROXIMATE METABOLIC COST OF ACTIVITIES^{a,b}

MET Levels	Self-Care Activities	Occupational/Work Activity	Recreational Activity
1.5 to 2.0 METs ^c	Eating	Desk work	Standing
4 to 7 mL O ₂ /min/kg	Shaving, grooming	Typing, writing	Walking (1.6 km or 1 mph)
2 to 2.5 kcal/min (70 kg BW) ^d	Getting in and out of bed	Auto driving ^e	Flying, ^e motorcycling ^e
Very light/minimal	Standing		Playing cards ^e
	Walking (1.6 km or 1 mph)		Knitting, sewing
2 to 3 METs	Showering in warm water	Ironing	Walking (3.25 km or 2 mph)
7 to 11 mL O ₂ /min/kg	Walking (3.25 km or 2 mph)	Light woodworking	Level biking (8 km or 5 mph)
2.25 to 4 kcal/min (70 kg BW)		Riding lawn mower	Billiards, bowling
Light		Auto repair	Skeet, ^e shuffleboard
		Radio/TV repair	Power golf cart driving
		Janitorial work	Canoeing (4 km or 2.25 mph)
		Manual typing	Horseback riding (walk)
		Bartending	Playing a musical instrument
			Powerboat driving ^e

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Quick Reference Dictionary for Physical Therapy, Third Edition (pp 549-553)

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