

METABOLIC EQUIVALENTS (METS)

One METS equals oxygen consumption at rest which is about 3.5 millilitres per kilogram of body weight per minute. An individual exercising at 2 METS is consuming oxygen at twice the resting rate.

METS values for leisure activities

Activity	METS (Min)	METS (Max)
Cycling	5mph	2
	10mph	5
	13mph	8
Dancing	Ballroom	4
	Aerobic	6
Skipping	<80/min	8
	120 - 140/min	11
Swimming	Breast stroke	8
	Freestyle	9
Tennis		4
Walking	1 mph	1
	2 mph	2
	3 mph	3
	3.5 mph	3.4
	4 mph	5

METS values for tasks of daily living

Activity	METS (Min)	METS (Max)
Bed making	2	6
Carrying heavy groceries	5	7
Cleaning windows	3	4
Cooking (standing)	2	3
Dressing	2	3
Driving a car	1	2
Eating	1	2
General housework	3	4
Grocery shopping	2	4
Loading/unloading washing machine	5	4
Lying awake	1	2
Mowing by hand	5	7
Painting / decorating	4	5
Sexual intercourse	3	5
Showering	3	4
Vacuuming	3	3.5
Walking up stairs	4	7
Washing car	6	7
Washing dishes	2	3
Watching television	1	2