

Measuring Metabolic Energy Equivalent (MET)

General Information

- A metabolic energy equivalent (MET) measures how much effort an activity requires from you.

- Try to increase your average MET level during cardiac rehabilitation.
- Gradually increase your resistance and speed to increase your MET level.

MET level	Everyday Activities	Exercise and Activity
1	<ul style="list-style-type: none"> ■ sitting ■ eating ■ combing your hair ■ talking ■ brushing your teeth 	<ul style="list-style-type: none"> ■ walking 1 mph on level ground ■ watching TV ■ reading
2	<ul style="list-style-type: none"> ■ washing dishes ■ driving ■ sweeping the floor ■ getting dressed 	<ul style="list-style-type: none"> ■ walking 2 mph on level ground ■ doing desk work ■ riding a motorcycle or lawn mower
3	<ul style="list-style-type: none"> ■ making the bed ■ gardening ■ cleaning windows ■ doing laundry ■ taking a shower 	<ul style="list-style-type: none"> ■ walking 3 mph on level ground ■ leisure biking ■ fishing, bowling or golfing
4	<ul style="list-style-type: none"> ■ vacuuming ■ raking leaves ■ heavy gardening ■ pushing a lawn mower 	<ul style="list-style-type: none"> ■ walking 4 mph on level ground ■ canoeing ■ light swimming ■ lifting weights (up to 20 pounds)
5 to 6	<ul style="list-style-type: none"> ■ shoveling snow ■ climbing a ladder ■ working with heavy tools ■ chopping wood 	<ul style="list-style-type: none"> ■ walking on a steep incline ■ hiking ■ tennis ■ lifting weights (40 to 60 pounds) ■ doing construction work