

Metabolic equivalence of professional, leisure and sporting activities

Table. Metabolic equivalence of a range of professional, leisure and sporting activities.

Power (watt)	Metabolic equivalence (MET's units)	Daily activities	Professional activities	Leisure activities	Leisure and sporting activities
0	1	sitting quietly, eating		sleeping	
1.5	1.5	washing, shaving, dressing, washing dishes, writing		watching TV, playing cards, sewing	standing up for 15 minutes
20	2	driving a car, cooking, brushing hair, moping the floor, dusting	light office work (e.g., typing), handicraft	playing music (e.g., piano or guitar), light wood work, fishing, playing billiards	light cycling, walking at 2.5 km/h
40	3	making beds, hoovering, ironing, waxing furniture, grocery shopping, gardening	radio, TV or car repair, working as a bank teller, light welding, working as a doorman, light janitorial work, operating machinery, working as a seamstress or shoemaker	bowling, playing golf (using golf cart), painting, flying in an airplane, washing the car, archery	cycling at 8 km/h, walking at 3–4 km/h, light gymnastics
60	4	showering, washing windows, scrubbing floors, walking down stairs, mowing lawns (electric mower), weeding, trimming plants, sexual activities (own partner)	factory work (< 20 kg), screwing in screws, electrician's work, bricklaying, painting, driving a light truck, garage work	slow dancing, horseback riding (horse walking)	cycling at 10 km/h, walking at 5 km/h, playing volleyball, table tennis, badminton or golf, swimming (breast stroke)

80-90	5	grocery shopping with a heavy bag, sexual activities (new partner), digging in the garden, mowing the lawn (non-electrical mower)	heavy office work, wall-papering, using a wheelbarrow, making footpaths, mixed labor involving digging, laying stones or landscaping, feeding animals	dancing, fishing in fast-flowing water, hunting, playing golf (carrying own bag)	cycling at 12 km/h, walking at 5.5 km/h, horseback riding (trotting), playing tennis doubles, playing badminton, rowing
110	6	walking up stairs, digging holes	digging, plowing by hand, using a manual screwdriver, transporting a load of 20–29 kg, mixed construction activities, mining, mechanical work	horseback riding (galloping), low-impact aerobics	walking at 6.5km/h, playing tennis singles, canoeing, skiing, ice skating, playing basketball or non-competitive soccer
140	7	shoveling powdery snow, chopping wood, walking in gentle hills while carrying less than 5 kg	sawing wood, railroad work, transporting a load of 30–38 kg	fast dancing (e.g., swing)	cycling at 15 km/h, walking at 7.5 km/h, walking up gentle hills, fencing, skiing at 4–9 km/h
160-170	8	shoveling wet snow, cutting down trees, scrubbing floors, hillwalking with a 10-kg weight	sawing by hand, heavy digging using a pick-axe, moving 40-kg weights, cleaning out stables	high-impact aerobics	cycling at 19 km/h, jogging at 8 km/h, cross-country skiing on the level, swimming (front crawl) at 35 m/min, horseback riding (racing), playing hockey
190–200	9	hillwalking with a 10–20 kg weight at one's own tempo	working in high-temperature ovens, garden construction work, throwing hay bails	cross-country running	skipping at a rate of 70–80/min, swimming (front crawl) at a fast pace

220	10	carrying a weight of more than 30 kg, hillwalking with a 8-kg weight at 6 km/h	working in high-temperature ovens, heavy steel work		cycling at 23 km/h, playing squash, hand-ball or paddle ball, rowing, skipping at a rate of 125/min, high-jumping, swim-ming (back stroke) at a very fast pace
240	11			judo	skipping at a rate of 145/min, running at 10 km/h
260-270	12	carrying a weight of up to 50 kg		rugby	cycling at 25 km/h, running at 12 km/h, swimming at 3 km/h (i.e., 1 km in 20 minutes)
290	13				running at 15 km/h
300-340	14-15				running at 17 km/h
>350	>16	carrying 10 kg up a 16% slope at 6 km/h	cutting wood at a high tempo using an axe		competitive sports, cycle-racing, running at 18 km/h, using barbells weighing more than 13 kg

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