

ACTIVITY	METS PER HOUR	MET	MET
		MINUTES PER HOUR	MINUTES IN HALF AN HOUR
Bicycling 10 mph	6	360	180
Child Care, dress, bathe, feed	2.5	150	75
Child Care, push stroller	2.5	150	75
Church - stand, sing	2	120	60
Clear table, wash dishes	2.5	150	75
Climb stairs carrying 20 pounds	6	360	180
Dancing, Aerobic	6.5	390	195
Dancing, disco, line dance, etc	4.5	270	135
Decorate, paint, plaster, etc	3	180	90
Dress/ undress self	2	120	60
Farm, care for animals	6	360	180
Farm, drive tractor	2.5	150	75
Fire Fighter	12	720	360
Food Shopping	2.3	138	69
Gardening	4	240	120
Golf - using power cart	3.5	210	105
Ironing	2.3	138	69
Meditate	1	60	30
Mow Lawn, push power mower	5.5	330	165
Play Drums	4	240	120
Play Piano	2.5	150	75
Police making an arrest	4	240	120
Rowing Machine, 100 Watts	7	420	210
Running 5 mph (12 minute mile)	8	480	240
Scrub floor, bathtub, toilet	3.8	228	114
SCUBA (Navy Seal)	12	720	360
Sewing on machine	2.5	150	75
Sex - vigorous	1.5	90	45
Sitting at sporting event	1.5	90	45
Ski - Cross Country, 4 miles per hour	8	480	240
Ski - downhill (moderate effort)	6	360	180
Soccer - general	7	420	210
Standing and talk, phone or in person	1.8	108	54
Stationary Bicycle, 100 Watts	5.5	330	165
Swim, crawl, 50 yards per minute	8	480	240
Tai Chi	4	240	120
Tennis - doubles	5	300	150
Tennis - singles	8	480	240

Type or Computer	1.5	90	45
Vacuuming	3.5	210	105
Walk - 3.5 mph, level	3.8	228	114
Walk - in office or laboratory	2	120	60
Watch Television	1	60	30

Data is from Ainsworth, et al. Compendium of physical activities:
an update of activity codes and MET intensities.

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