

Table 4. MET Equivalents of Common Aerobic Activities and Energy Expenditures

Light-intensity Physical Activity			
		MET	Energy (Kcal)*
Walking	Slowly walking	2	60
Household Chore and Occupation	Sitting, using computer	1.5	45
	Standing performing light housework	2.5	75
Leisure and Sports	Arts & crafts, playing cards	1.5	45
	Playing most musical instrument	2.5	75
Moderate-intensity Physical Activity			
		MET	Energy (Kcal)*
Walking	Brisk Walking	4	120
Household Chore and Occupation	Sweeping floors or carpet	3.5	105
Leisure and Sports	Volleyball (Non-competitive)	4	120
	Table Tennis	4	120
	Golf (Walking pulling clubs)	4.3	129
	Badminton (Recreational)	4.5	135
	Tennis (Doubles)	5	150
	Cycling: light effort	5.9	180
	Swimming (leisurely)	5.9	180
Vigorous-intensity Physical Activity			
		MET	Energy (Kcal)*
Walking	Jogging	8	240
	Running	11	330
Household Chore and Occupation	Carrying heavy load as bricks	7.5	225
	Shovelling, digging ditches	8.5	255
Leisure and Sports	Tennis (Singles)	8	240
	Basketball	8	240
	Football (Casual)	7	210
	Football (Competitive)	10	300
	Cycling: moderate effort	8	240
	Swimming (Moderate)	8	240
	Swimming (Hard)	11	330

*For a 60 kg woman performs the activity last for 30 minutes

MET = Metabolic Equivalent of Task