

MET ranges for different activities

Recreation Activity MET chart		Cycling (flat terrain)		MET ranges for YMCA activities	
Activity	METs	Activity	METs	Activity	METs
Golf (riding)	2-3	5 mph	2-3	Y Cycle class	7-11
Golf (Walking)	3-4	6 mph	3-4	Basic Training	8-12
Bowling	2-4	8 mph	4-5	Dancercise	6-8
Horseback-walk	2-4	10 mph	5-6	Zumba	6-8
Horseback-gallop	3-4	12 mph	7-8	Keeping fit	3-6
Table Tennis	3-5	13 mph	8-9	Recess	7-10
Dancing	3-7			Yoga	3-4
Baseball	4-6	Walking (flat terrain)		Pilates	4-6
Curling	4-6	Activity	METs		
Tennis	4-9	1 mph (60 min/mi)	1-2		
Squash	5-12	2 mph (30 min/mi)	2-3		
Hockey (field/ice)	7-8	3 mph (20 min/mi)	3-3.5		
Kayaking	7-11	3.5 mph (17 min/mi)	3.5-4		
Jump Rope	8-10	4 mph (15 min/mi)	5-6		
Racquetball	8-12				

Energy Cost of daily living		Running (flat terrain)	
Activity	METs	Activity	METs
		5 mph (5 min/mi)	8.75
Eating	1-2	5.5 mph (11 min/mi)	9.4
Driving a car	1-2	6 mph (10 min/mi)	10.2
Dressing	2-3	6.5 mph (9 min/mi)	11.2
Tub bathing	2-3	7.5 mph (8 min/mi)	12.5
Showering	3-4	8.5 mph (7 min/mi)	14.1
Sexual intercourse	3-5	10 mph (6 min/mi)	16.3

Energy Cost of labor Activities		Swimming	
Activity	METs	Activity	METs
Desk work	1.5	slow (20 yds/min)	4-5
Gardening (heavy)	3-4	backstroke	7-8
Cleaning floors	3-4	breaststroke	8-9
Washing windows	3-5	crawl	9-10
Grass cutting	3-5		
Carpentry (light)	4-5	Skiing	
Carry 20-44 lbs	4-5	Activity	METs
Painting	4-5	downhill	5-9
Wheelbarrow	4-7	downhill (4 mph)	8-9
Carry 45-64 lbs	5-6	downhill (5 mph)	9-10
Shovel (light)	5-6	cross-country (3mph)	6-7
Shovel(moderate)	6-7	cross-country (5 mph)	9-10
Chopping wood	7-8		
Pushing (heavy)	7-8		
Shovel (heavy)	7-9		