

# MOVE MORE

## How hard is the activity?

Your ability to do certain activities offers a window into your overall health. It's important to consider not only what you do, but also how hard your body works. For example, some activities require more energy than others.

**Use this handout to understand intensity levels for common activities. Talk with your care team about what you can do at each health visit.**

A **metabolic equivalent**, or **MET**, measures the amount of energy needed to do an activity. For example, 1 MET is the amount of energy used while sitting still. **The higher the MET, the harder your body works.**

