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.

More than 9 METs



Walking uphill 5 mph



Running more than 6 mph



Jumping rope









Jogging 5 mph



Carrying objects 60-90 pounds



Climbing stairs moderate speed **Swimming laps**







Fast walking 4.5-5 mph

Gardening and digging



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Climbing stairs slowly





Making your bed

3-5 METs



Doubles tennis



Golf

Less than 3 METs



Light housekeeping



Desk work