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.

Moving every day is good for your heart health! Visit CardioSmart.org/MoveMore