

The **Metabolic Equivalent of Task (MET)** is a simple and practical way to measure the amount of energy you use when performing different activities. It helps us understand how much harder your body is working compared to resting.

1. Baseline (1 MET): When you are sitting quietly, your body is at rest. This resting energy expenditure is defined as 1 MET.

2. Activity Levels: Different activities require more energy. For example:

- Walking at a moderate pace (3-4 METs): This means walking uses 3 to 4 times the energy you use when resting.

- Running (8-10 METs): Running uses 8 to 10 times the resting energy expenditure.

3. Understanding Effort: The higher the MET value, the more energy you are using. This makes it easy to compare activities:

- Light Activity: Activities like slow walking or light housework usually range from 1.5 to 3 METs.

- Moderate Activity: Activities like brisk walking or gardening range from 3 to 6 METs.

- Vigorous Activity: Activities like running or heavy lifting are typically above 6 METs.

4. Practical Use: METs are used in various fields like exercise science, health care, and even in designing workout plans. They help determine the intensity of activities and how much energy they burn.

Activity	MET Level
Sleeping	0.9
Sitting quietly (watching TV)	1.0
Light household chores (dusting)	2.5
Walking slowly (2 mph)	2.8
Gardening (light effort)	3.0
Walking briskly (4 mph)	4.3
Bicycling (leisurely, <10 mph)	4.0
Dancing (moderate effort)	4.8
Mowing lawn (walking with power mower)	5.5
Running (6 mph)	9.8
Jumping rope (moderate pace)	10.0
Playing basketball (full court)	8.0