

## Typical MET Ranges for Exercise and Leisure Time Activities\*

Type of Activity	MET Level Range
Backpacking	5-11
Badminton	4-10
Basketball	7-12
Bowling	2-4
Climbing hills	5-11
Cycling	3-8+
Dancing (social)	3-8
Field hockey	8
Football (touch)	6-10
Golf	
Cart	2-3
Walking	4-7
Handball	8-12
Hiking	3-7
Mountain climbing	5-10+
Paddleball, racquetball	8-12
Running	
12 min per mile	8-9
11 min per mile	9-10
10 min per mile	10-11
9 min per mile	11-12
8 minute per mile	12-13
7 minutes per mile	14-15
Scuba diving	5-10
Skating	5-8
Skiing	
Downhill	5-8
Cross-country	6-12+
Squash	8-12+
Soccer	5-12+
Stair climbing	4-8
Swimming	4-8+
Tennis	4-9+
Volleyball	3-6

\*AASM 2000