

EXAMPLES OF LIFESTYLE PHYSICAL ACTIVITIES

Table 6.1

Examples of Lifestyle Physical Activities

Activity	Description	METs
Walking	Slow	3.0-4.0
	Brisk	4.0-5.5
Yard work	Pushing hand mower	6.0-7.0
	Pushing power mower	4.0-5.0
	Raking leaves	3.0-4.0
	Shoveling	5.0-7.0
	Chopping wood	6.0-7.0
Recreational	Bicycling (slow)	3.0-5.0
	Bicycling (brisk)	5.0-7.0
	Bowling	3.0-3.5
	Golf (walking)	3.5-4.5
	Social dance	3.0-6.0
Occupational work	Bricklaying	3.5
	Carpentry	5.5
	Heavy assembly work	5.5
Housework	Mopping floors	3.0-4.0
	Ironing	3.0
	Making beds	3.0
	Hanging the wash	3.5