

Energy Expenditures for Various Activities

Activity	METs*	Kilocalories per hour**
Aerobic dancing	6 to 9	440 to 660
Bowling	2 to 4	150 to 300
Calisthenics	3 to 8	220 to 600
Canoeing (leisure)	3 to 6	220 to 440
Cycling (< 10 mph)	3 to 6	220 to 440
Cycling (> 10 mph)	6 to 8	440 to 600
Dancing	3 to 7	220 to 510
Desk Work	1.5 to 2.5	110 to 180
Fishing (sitting)	1.5 to 3	110 to 220
Fishing (standing/casting)	3 to 6	220 to 440
Football (touch)	6 to 10	440 to 740
Golf (walking)	2 to 3	150 to 220
Handball	8 to 12	600 to 880
Hiking (cross-country)	3 to 7	220 to 510
Lawn mowing	3 to 8	220 to 600
Running at 5 mph	8.7	640
Running at 6 mph	10.2	750
Running at 10 mph	16.3	1,200
Sexual intercourse	2 to 5	150 to 370
Shoveling	4 to 7	300 to 510
Shuffleboard	2 to 3	150 to 220
Skating (ice/roller)	5 to 8	370 to 600
Skiing (cross-country)	6 to 12	440 to 880
Skiing (downhill)	5 to 8	370 to 600
Soccer	5 to 12	370 to 880
Softball	3 to 6	220 to 440
Stair climbing	4 to 8	300 to 600
Swimming (moderate)	4 to 6	300 to 440
Swimming (fast treading)	6 to 8	440 to 600
Tennis	4 to 9	300 to 660
Volleyball	3 to 6	220 to 440
Walking at 2 mph	2	150
Walking at 4 mph	4.5	330
Walking (4 mph and uphill)	6	440

mph = miles per hour

* - 1 MET = resting metabolic rate, 3.5 mL of O₂ per kg per minute

** - The kilocalories expended during a particular activity are based on a person weighing 70 kg (154 lb). One kilocalorie = approximately 200 mL of O₂ consumed.