

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Activity Reference Guide



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Activity Reference Guide

The Activity Reference Guide (ARG) includes a comprehensive listing of different types of physical activities. The activities listed in this guide are categorized in terms of MET levels, and are classified as either being a RED, YELLOW, or GREEN activity.

METs are a rough estimate of the intensity of a particular activity and are based upon one's resting metabolic rate (RMR). Resting metabolic rate is the amount of energy your body uses while at rest, and is equivalent to 1 MET. For example, riding a bike is assigned a MET value 4.0; therefore, riding a bike requires four times the amount of energy than is required for someone at rest.

- ▶ **RED** activity refers to being inactive, or sedentary. RED activities require less than 2.0 METs, and will not help you lose weight. Watching TV, playing on the computer, or doing video games are all sedentary behaviors—behaviors that involve sitting around.
- ▶ **YELLOW** activities require between 2.0 and 2.9 METs. They are better than RED activities, but not as healthy as GREEN activities.
- ▶ **GREEN** activities require a MET level of 3.0 or higher. They make your body work harder than RED or YELLOW activities, and they will help you lose weight.
 - ▶ Some GREEN activities are called Fitness Boosters because doing them will help you increase your fitness. These high intensity activities are marked with a  symbol, and require a MET level of 6.0 or higher.

Keep in mind, for some activities, there is a range of associated MET values that depend on the type and/or intensity of the activity. One such activity is riding a bike. Riding a bike up a hill requires more energy than riding a bike on a flat surface; therefore, the MET value associated with riding a bike up a hill is higher than the MET value for riding a bike on a flat surface.

- ▶ If you don't know how fast you are going, you should assume the general MET level for that category. This is the same rule for all activities. Activities should be coded as general if no more information is available. If you know more about the activity, then you can use the specific values listed.

The time you write in your Lifestyle Log should reflect the actual amount of time you were doing the activity. For example, if you went to the pool, and played in the water for 30 minutes, but swam for only 1 minute, then the amount of swimming would count as one minute. If while playing a sport, the game takes one hour and you play for half of the game, write down 30 minutes in your Lifestyle Log.

- ▶ Remember, only GREEN activities count towards your physical activity goal. RED and YELLOW activities do not count. Walking is a good way to earn GREEN activity points.

TLP Activity Levels

 < 2.0 METs

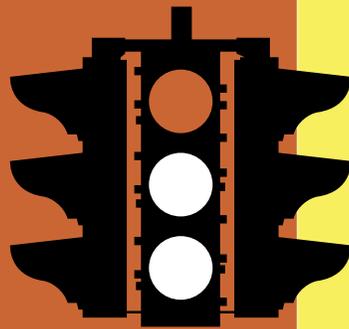
 2.0 – 2.9 METs

 ≥ 3.0 METs

RED Light

Activities:

Activities that require less than 2.0 METs



Sedentary:

METs

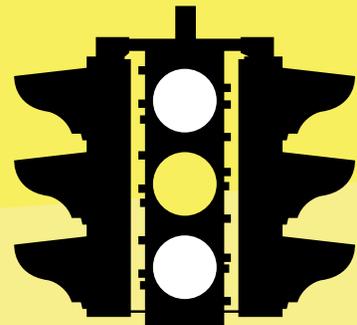
Playing Board Games	1.5
Playing on the Computer	1.5
Playing Video Games	1.5
Sitting at a Sporting Event	1.5
Talking on the Phone	1.5
Watching TV/Video	1.0



YELLOW Light

Activities:

Activities that require between 2.0 and 2.9 METs



Household Chores:

METs

Cooking	2.0
Dusting/ Straightening Up	2.5
Feeding Pets	2.5
Mowing the Lawn, Riding Mower	2.5
Putting Away Groceries	2.5
Washing Dishes by Hand	2.3

Activities:

METs

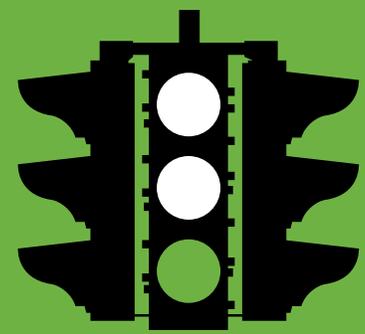
Billiards/Pool	2.5
Croquet	2.5
Darts	2.5
Football, Playing catch/Passing the football	2.5
Playing Catch	2.5
Stretching, Hatha Yoga	2.5
Walking, Slowly	2.5
Walking, Very Slowly (<2 mph)	2.0



GREEN Light Activities:

Activities that require 3.0 METs and Greater

NOTE: All activities that are 6.0 METs or higher are marked with a  to indicate that they are high intensity, or "Fitness Boosters." These activities help increase your fitness level faster than lower intensity activities.



Household Chores:	METs
Mopping	3.5
Mowing the Lawn, Hand Mower 	6.0
Mowing the Lawn, Power	4.5
Snow Shoveling, By Hand 	6.0
Sweeping Floors	3.3
Vacuuming	3.5
Weeding	4.5

Activities:	METs
Aerobics	
Low impact	5.0
Teaching Aerobic Class 	6.0
General 	6.5
High impact 	7.0
Step, with 6-8 inch step 	8.5
Step, with 10-12 inch step 	10.0
Badminton	4.5
Ballet, Modern Dance	4.8
Baseball, Softball, Slow or Fast pitch	
Officiating	4.0
General	5.0
Pitching 	6.0

Activities:	METs
Basketball	
Shooting baskets	4.5
Recreational, non-game 	6.0
Game 	8.0
Bicycling	
General, leisure (<10 mph)	4.0
Light effort (10-11.9 mph) 	6.0
Moderate effort (12-13.9mph) 	8.0
Vigorous effort (14-15.9 mph) 	10.0
Racing (16-19 mph) 	12.0
Fast racing (>20 mph) 	16.0
Bowling	3.0
Boxing	
Punching bag 	6.0
Sparring 	9.0
Calisthenics	
Light or moderate	3.5
Vigorous (pushups, sit-ups...) 	8.0
Coaching (Football, Soccer, Basketball...)	4.0
Canoeing, Rowing	3.5



 = Fitness Booster

Activities:	METs
Dancing	
Slow	3.0
Fast	4.5
Diving	3.0
Dodge Ball	5.0
Fencing 	6.0
Fishing	3.0
Football	
Touch, Flag 	8.0
Competitive 	9.0
Four Square	5.0
Frisbee	3.0
General Health Club Exercise	5.5
Golf	
Using power cart	3.5
Walking, pulling clubs	4.3
General	4.5
Carrying clubs	4.5
Gymnastics	4.0
Hacky Sack	4.0
Hiking 	6.0
Hockey, Ice/Field/Inline 	8.0
Hopscotch	5.0
Horseback Riding	4.0
Hunting	5.0
Ice Skating 	7.0
Inline Skating 	12.5



Activities:	METs
Jogging	
General 	7.0
5 mph, 12 minute miles 	8.0
6 mph, 10 minute miles 	10.0
7.5 mph, 8 minute miles 	12.5
8.6 mph, 7 minute miles 	14.0
Jumping Rope	
Slow 	8.0
Moderate 	10.0
Fast 	12.0
Kayaking	5.0
Kickball 	7.0
Lacrosse 	8.0
Marbles	5.0
Marching Band	4.0
Martial Arts 	10.0
Miniature Golf	3.0
Paddleboat	4.0
Ping Pong/Table Tennis	4.0
Racquetball 	7.0
Rock Climbing 	9.5
Roller Blading 	12.5
Roller Skating 	7.0
Rowing Machine	
Light effort	3.5
General, moderate effort 	7.0
Vigorous effort 	8.5
Very vigorous effort 	12.0

 = Fitness Booster

Activities:	METs
Rugby 	10.0
Sailing	3.0
Scuba Diving, Skin Diving 	7.0
Shuffleboard	3.0
Skateboarding	5.0
Ski Machine 	9.5
Skiing, Cross Country	
Light effort, (2.5 mph) 	7.0
Moderate effort, general (4-5 mph) 	8.0
Brisk speed, (5-8 mph) 	9.0
Racing, (8 or more mph) 	14.0
Uphill, (maximum effort) 	16.5
Skiing, Downhill	
Light effort	5.0
Moderate effort, general 	6.0
Vigorous Effort 	8.0
Sledding, Bobsledding, Tobogganing, Luge 	7.0
Slimnastics, Jazzercise 	6.0
Snorkeling	5.0
Snow Shoeing 	8.0
Snowmobiling	3.5
Soccer	
General 	7.0
Competitive 	10.0

Activities:	METs
Stairmaster, Treadmill, general 	9.0
Stationary Bicycling,	
Very light effort (50 watts/300 kpm)	3.0
Light effort (100 watts/600 kpm)	5.5
General, moderate effort (150 Watts, 900 kpm) 	7.0
Vigorous effort (200 watts/1200 kpm) 	10.5
Very vigorous effort (250 watts/1500 kpm) 	12.5
Surfing, Boogie Board	3.0
Swimming	
General 	6.0
Backstroke 	7.0
Slow-moderate, light effort, 50 yards/minute 	8.0
Sidestroke 	8.0
Breaststroke 	10.0
Fast, vigorous 	10.0
Very fast (75 yards/minute) 	11.0
Tai Chi	4.0
Tennis	
Doubles 	6.0
General 	7.0
Singles, competitive 	8.0
Trampoline	3.5

 = Fitness Booster

Activities:	METs
Volleyball	
Non-competitive	3.0
General	4.0
Competitive 	8.0
Walking	
Downstairs	3.0
For pleasure, walking the dog, etc.	3.0
Moderate, 3 mph	3.3
For exercise	3.8
To work or class	4.0
Briskly, 4 mph	5.0
Hiking, cross country 	6.0
Marching 	6.5
Race walking 	6.5
Backpacking 	7.0
Upstairs 	8.0
Water Polo 	10.0
Water Skiing 	6.0
Water Volleyball	3.0
Weight Lifting	
Light to moderate	3.0
Vigorous 	6.0
Whitewater Rafting	5.0
Wrestling 	6.0



 = Fitness Booster

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For a complete list of activities with their associated MET values, refer to:

Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR, Schmitz KH, Emplainscourt PO, Jacobs DR, & Leon AS. (2000). Compendium of physical activities: an update of activity codes and MET intensities. *Medicine & Science in Sports and Exercise*, 32: S498 - S516.

