Table 1

MET equivalents to sexual activity

Daily activity	METs
● Sexual intercourse with established partner:	
– Lower range ('normal')	2-3
– Upper range (vigorous activity)	5-6
● Lifting or carrying objects (9-20kg)	4-5
● Walking one mile in 20 minutes on the level	3-4
● Golf	4-5
● Gardening (digging)	3-5
● DIY, wallpapering, etc	4-5
● Light housework, eg ironing, polishing	2-4
● Heavy housework, eg making beds, scrubbing floors	3-6