

Item*	Corresponding activity	MET
A010	Walking for pleasure	3.5
A030	Voluntary use of stairs when the elevator or escalator is available	8.0
A040	Ecological walking	6.0
A050	Walking with backpack	7.0
A125	Dancing	5.5
B150	Exercise at home	4.5
B160	Exercise in a club/fitness center	6.0
B180	Jogging – walking	6.0
B210	Muscle strengthening exercises	6.0
C280	Swimming in a pool	6.0
E400	Volleyball	4.0
F560	Mowing the grass walking behind a motorized lawnmower	4.5
F580	Weeding and cultivating garden/ vegetable garden	4.5
F590	Loosening soil, digging, cultivating garden/vegetable garden prior to planting	5.0
F600	Raking lawn	4.0
F610	Removing earth with a spade	6.0
G630	Interior painting or wallpapering of home	4.5
0000	Moderate housework	4.0

MET = metabolic equivalent, Item\* - nomenclature corresponding to the item of the original Minnesota Leisure Time Activities Questionnaire.

# Leisure Time Manual

**Hussin A.Rothana**



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