

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

JS Bruner



Leisure Time Manual:

Leisure Time Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Leisure Time Manual**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://staging.conocer.cide.edu/results/book-search/Documents/Logic%20And%20Contemporary%20Rhetoric%20The%20Use%20Of%20Reason%20In%20Everyday%20Life%20Instructors%20Manual.pdf>

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