

METS: EVERYTHING YOU EVER WANTED

TO KNOW BUT WERE AFRAID TO ASK

Throughout the research articles section you will see many references to METS. METS are actually much simpler than they sound. METS stand for metabolic equivalent of task. One MET is simply the amount of calories your body burns at rest in a specific time interval. For instance 1 minute or 1 hour. So if you burn 1 calories a minute that would be called 1 MET minute and 60 calories would be 1 MET hour. There are 3 kinds of MET measurements.

1. **MET Intensity** is the amount of calories your body burns during an exercise in 1 minute divided by the amount of calories your body burns at rest. So if your exercise causes you to burn 6 calories a minute and at rest you burn 1 calorie a minute this would be a MET intensity level of 6. Any MET intensity level of 6 or above is considered vigorous intensity exercise. From 3 to 5.9 is considered moderate intensity exercise.
2. **MET Volume** is the total amount of MET minutes (or hours) you accumulated during exercise. Example: You performed an exercise for 60 minutes at a MET intensity of 6. You have accumulated 60 MET minutes of 1 MET hour.
3. **Maximum METS** is the highest MET intensity you can achieve for a period on time. Usually between 3 and 6 minutes. This result can be converted to obtain your VO₂ max by multiplying by 3.5. Example: You averaged a MET intensity of 12 for 6 minutes, $12 * 3.5 = 42$. So your Vo₂ max is 42. With this number you can then look at the VO₂ max chart on the calculator page and determine how fit your cardiorespiratory system is for your age.

WHY MORTALITY RATE IN THE SINGLE BEST INDICATOR OF THE HEALTH BENEFITS OF AN EXERCISE

You'll see mortality rate quoted many times in the research articles. But, don't mistake mortality rate as just an indicator of living longer.

It's also one the best indicators of improving your quality of life. The reason is simple, people who live longer generally are also, on average, free of disease and the debilitating effects of getting older for a longer period of time. As an anecdotal example give you Jack Lalanne, the grandfather of fitness. Until he has heart surgery in is mid 90's, he had no serious illness. In addition he still had more strength and vitality than most men half is age. So don't just thing of mortality as just adding years to your life. As Jack used to say when asked "how long do you think you will live?" He would answer "It's not the years in your life, it's the life in your years!"