

Data Collection for Aerobic Activity Monitoring

Outdoor

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|---|---------------|-------|
| 1. walk very slow (17151: walking, less than 2.0mph, level ground, strolling, very slow [1]) | 2.0 METs | 3min. |
| 2. break | | 1min. |
| 3. normal walk (17190: walking, 3.0mph, level, moderate pace, firm surface) (17200: walking, 3.5mph, level, brisk, firm surface, walking for exercise) | 3.3-3.8 METs | 3min. |
| 4. break | | 1min. |
| 5. Nordic walk | 5.0-6.0 METs | 3min. |
| 6. break | | 1min. |
| 7. run (12020: jogging, general) (12030: running, 5mph) | 7.0-8.0 METs | 3min. |
| 8. break | | 2min. |
| 9. cycle (01010: bicycling, <10mph, leisure, to work or for pleasure) | 4.0 METs | 3min. |
| 10. break | | 1min. |
| 11. run | 7.0-8.0 METs | 2min. |
| 12. normal walk | 3.3-3.8 METs | 2min. |
| 13. break | | 2min. |
| 14. soccer (15610: soccer, casual, general) | 7.0 METs | 3min. |
| 15. break | | 2min. |
| 16. rope jump (15551: rope jumping, moderate, general) (15552: rope jumping, slow) | 8.0-10.0 METs | 2min. |

Indoor

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| 1. lie (07011: lying quietly, doing nothing...) | 1.0 MET | 3min. |
| 2. sit (09040: sitting – writing, desk work, typing) | 1.8 METs | 3min. |
| 3. stand (09050: standing – talking or talking on the phone) | 1.8 METs | 3min. |
| 4. iron (05070: ironing) | 2.3 METs | 3min. |
| 5. break | | 1min. |
| 6. vacuum (05043: vacuuming) | 3.5 METs | 3min. |
| 7. break | | 1min. |
| 8. ascend stairs (17130: walking up stair...) | 8.0 METs | 1min. |
| 9. break | | 2min. |
| 10. descend stairs (17070: walking downstairs) | 3.0 METs | 1min. |
| 11. break | | 1min. |
| 12. ascend stairs | 8.0 METs | 1min. |
| 13. descend stairs | 3.0 METs | 1min. |

[1] B.E. Ainsworth, W.L. Haskell, M.C. Whitt, M.L. Irwin, A.M. Swartz, S.J. Strath, W.L. O'Brien, D.R. Bassett, K.H. Schmitz, P.O. Emplaincourt, D.R. Jacobs, A.S. Leon: Compendium of physical activities: an update of activity codes and MET intensities. *Medicine & Science in Sports & Exercise*, 2000, pp. 498-516/