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MET or Metabolic Equivalent for Task

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Definition:

MET stands for **Metabolic Equivalent of Task**. It is a unit used to compare the working metabolic rate (the amount of oxygen used by the body during physical activity) to the resting metabolic rate. It is a way to compare the amount of exertion required for different activities. At rest, the body uses one MET for basic functions such as breathing. Describing an activity using MET allows comparisons among people of different weight. [Calorie](#) expenditure varies with a person's body weight.

[Moderate physical activity](#) requires 3 to 6 METs. [Vigorous or high-intensity physical activity](#) requires more than 6 METs.

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