

Energy models

10-15 MET

Very high energy cost



Examples:
1h Crawl (swimming)
10 MET x 75 kg = 750 kcal
1h Skitouring
15.5 MET x 75 kg = 1,163 kcal

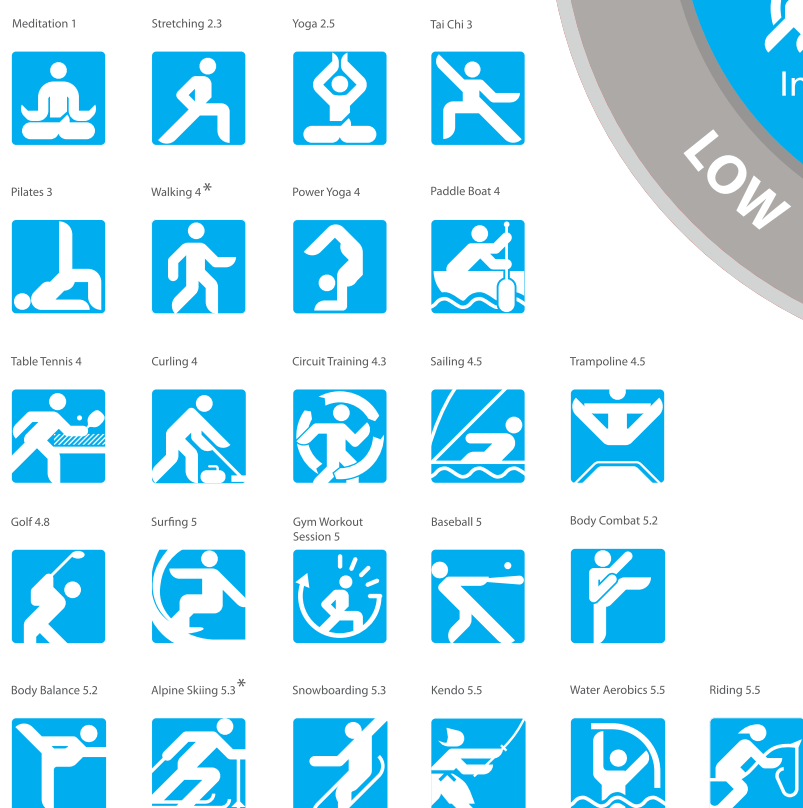
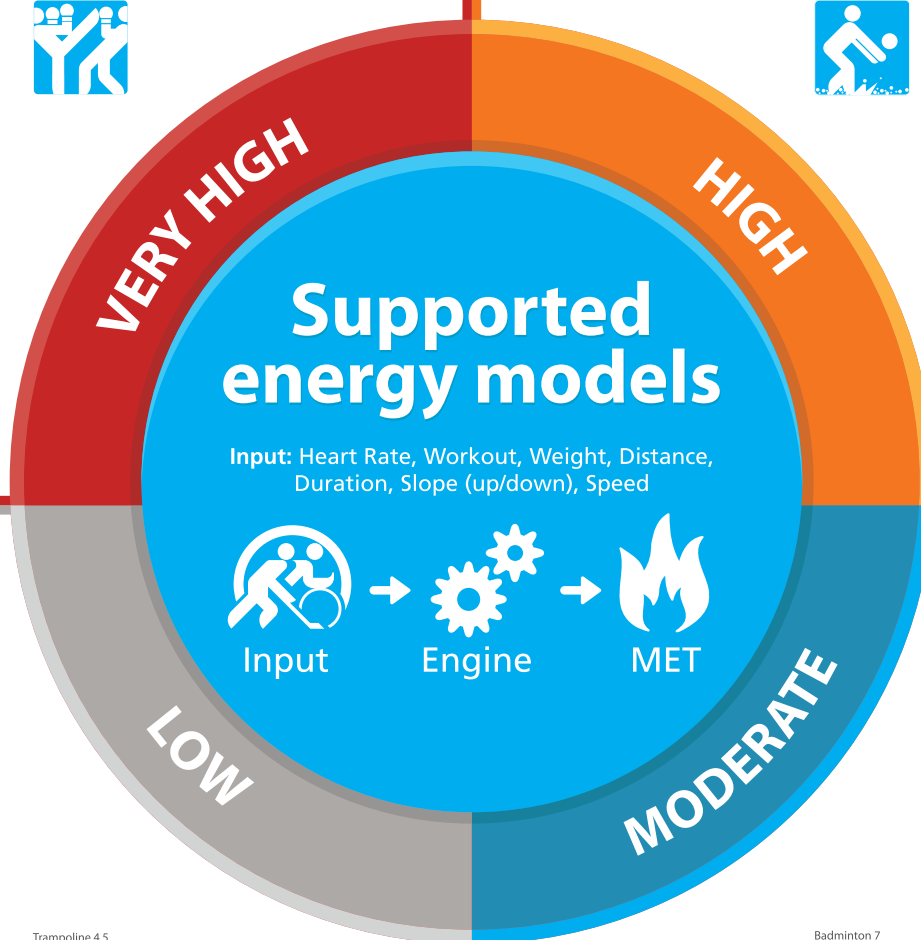
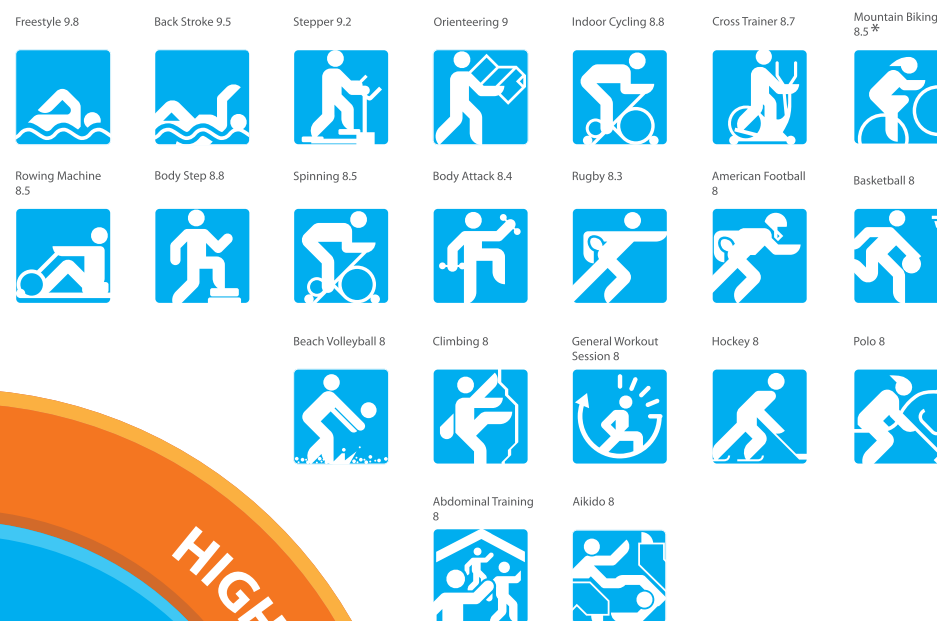


8-9 MET

High energy cost



Examples:
1h Stepper
9.2 MET x 75 kg = 690 kcal
1h Tennis
7.3 MET x 75 kg = 548 kcal



1-5 MET

Low energy cost



Examples:
1h Meditation
1 MET x 75 kg = 75 kcal
1h Baseball
5 MET x 75 kg = 375 kcal

6-7 MET

Moderate energy cost



Examples:
1h Badminton
7 MET x 75 kg = 525 kcal
1h Water Skiing
6 MET x 75 kg = 450 kcal

MET is a measure to estimate energy cost of physical activity. How to calculate MET: 1 MET = 1 kcal/kg/h. Based on average physical healthy adults from 18-65 years of age (Ainsworth et al. 2011).

*GPS / HRM - A selected number of outdoor activities have detailed GPS and heart rate based energy models. These models consider information such as distance, speed, slope.

All other outdoor and indoor activities are based on MET, duration and heart rate if available. Our energy models are refined and improved continuously.



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