

## METs

Your MET level, or metabolic equivalent, is a measure of energy expenditure; the amount of energy it takes you to complete a task.

METs are calculated using the weight of an individual and the energy exerted during a specific activity. "... each 1-MET increase in cardiorespiratory fitness confers an 8% to 17% reduction in cardiovascular and all-cause mortality.

Type	MET Range	Activity
Rest	1 MET	Sitting down, doing nothing
Light	1-3 METs	Walking the dog, laundry, vacuuming.
Moderate	3-6 METs	Walking with an incline or bike ride.
Vigorous	>6 METs	Swimming, tennis, running/jogging.

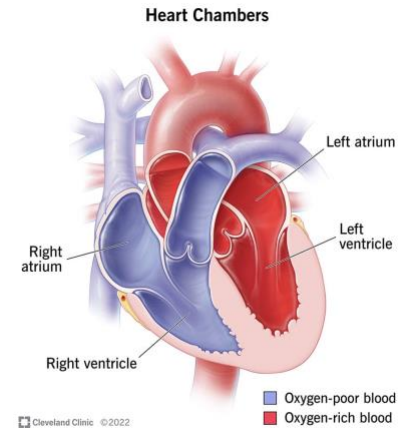
### Cardiac Rehab Goals:

- Gradually increase MET level by 0.4-1 MET each month.
- Work towards a 5 MET level
  - Achieving a 5 MET level reduces your cardiovascular risk profile



## Ejection Fraction

**Ejection Fraction** is the measurement of percentage of blood that leaves the ventricle (lower chamber of the heart) as it contracts.



**Left Ventricular Ejection Fraction or EF can be measured by:**

- Echocardiogram MUGA (multigated acquisition) scan
- Cardiac catheterization
- Nuclear stress test
- MRI
- CT scan

## More Information

### Low Ejection Fraction

Low ejection fraction can be caused by many factors, some common causes include:

- Heart attack
- Familial (genetic) cardiomyopathy
- Certain infections
- Valve or great vessel issues
- Inflammatory conditions
- Toxins Endocrine/metabolic conditions
- Severe stress
- Long term uncontrolled high blood pressure

### Ranges:

Normal EF	50-70%
Borderline – mildly reduced EF	41-49%
Reduced EF	≤40%