**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.

<table>
<thead>
<tr>
<th>Type</th>
<th>MET Range</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>1 MET</td>
<td>Sitting down, doing nothing</td>
</tr>
<tr>
<td>Light</td>
<td>1-3 METs</td>
<td>Walking the dog, laundry, vacuuming.</td>
</tr>
<tr>
<td>Moderate</td>
<td>3-6 METs</td>
<td>Walking with an incline or bike ride.</td>
</tr>
<tr>
<td>Vigorous</td>
<td>&gt;6 METs</td>
<td>Swimming, tennis, running/jogging.</td>
</tr>
</tbody>
</table>

**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:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal EF</td>
<td>50-70%</td>
</tr>
<tr>
<td>Borderline – mildly reduced EF</td>
<td>41-49%</td>
</tr>
<tr>
<td>Reduced EF</td>
<td>≤40%</td>
</tr>
</tbody>
</table>