

Orig. Item #	New Item #	CHAMPS ITEMS	Comparable MET Values From Ainsworth and Colleagues 2000 and rationale for adjustment	1993 Comp MET	Orig. MET	2000 Comp MET	Final MET	Cat.
NEW	22	Watch TV	Consensus of: lying quietly and watching television = 1.0 sitting quietly and watching television = 1.0			1	1	Sed.
11	14	Attend a concert, movie, lecture, or sport event.	sitting quietly, sitting smoking, listening to music (not talking or reading), watchin a movie in a theater = 1.0			1	1	Sed.
NEW	24	Sit and talk with friends (not on phone) or listen to music*	Reclining -talking or talking on phone = 1.0			1	1	Sed
NEW	31	travel by bus, on a regularly scheduled service*	riding in a bus = 1.0			1	1	Sed
NEW	32	Travel by subway, metro, ferry, rail, or train	riding in a bus = 1.0			1	1	Sed
NEW	33	Use a "dial-a-ride" service or other senior transport service	riding in a car or truck = 1.0			1	1	Sed
NEW	30	Ride in a car being driven by someone else	riding in a car or truck = 1.0			1	1	Sed
18	21	Read	Most likely position for older adults to read in: Reclining reading = 1.0			1	1	Sed
NEW	23	talk on the phone*	Average of : Reclining -talking or talking on phone = 1.0 Standing -talking or talking on the phone 1.8			1.4	1.4	LoLi

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4	7	Attend church or take part in church activities	<p>Average of :</p> <p>sitting in church, talking or singing, attending a ceremony, sitting, active participation = 1.5</p> <p>standing in church (quietly), attending a ceremony, standing quietly = 1.2</p> <p>standing, singing in church, attending a ceremony, standing, active participation = 2.0</p> <p>Kneeling in church/at home (praying) = 1.0</p> <p>Standing, talking in church = 1.8</p> <p>Volunteer activities: sitting = meetings, general and/or with talking involved = 1.5</p>			1.5	1.5	LoLi
5	8	attend other club or group meetings	Sitting – meeting, general, and/or with talking involved = 1.5			1.5	1.5	LoLi
6	9	use a computer	typing, electric, manual, or computer = 1.5			1.5	1.5	LoLi
12	15	play cards, bingo, or board games with other people	sitting = card playing, playing board games = 1.5			1.5	1.5	LoLi
8	11	do woodworking, needlework, drawing, or other arts or crafts	<p>Average of:</p> <p>Sitting-arts and crafts, light effort = 1.5</p> <p>Standing-arts and crafts, light effort = 1.8</p>			1.65	1.65	LoLi
2	5	Go to the senior center	Standing -talking or talking on the phone = 1.8			1.8	1.8	LoLi

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1	4	Visit with friends or family (other than those you live with)	Average of: Standing -talking or talking on the phone = 1.8 sitting -talking or talking on the phone = 1.5 retreat/family reunion activities involving sitting, relaxing, talking, eating = 2.0 talking and eating or eating only (standing) = 2.0 walking to neighbor's house or family's house for social reasons, MET=2.5			1.825	1.83	LoLi
NEW	29	drive in a car*	Automobile or light truck (not a semi) driving = 2			2	2	LoLi
22	28	Do light gardening (such as watering plants)	Average of: Watering lawn or garden, standing or walking = 1.5 Walking/standing -picking up yard, light, picking flowers or vegetables = 3.0	2.25	2.25	2.25	2.25	LoLi
17	20	Play a Musical Instrument	Consensus of: cello = 2.0 flute (sitting) = 2.0 horn - 2.0 piano or organ = 2.5 Trumpet = 2.5 violin = 2.5 woodwind = 2.0 guitar, classical, folk (sitting) = 2.0			2	2	LoLi
3	6	Do volunteer work	Average of: sitting -meeting, general, and/or with talking involved = 1.5 walk/stand combination, for volunteer purposes = 3.0			2.25	2.25	HiLi

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13	16	Shoot pool or billiards	Billiards = 2.5			2.5	2.5	HiLi
27	34	walk to do errands (such as to/from a store or to take children to school ( <u>count walk time only</u> ))	Probably average speed for older adults: walking from house to car or bus, from car or bus to go places, from car or bus to and from the worksite = 2.5 walking to neighbor's house or family's house for social reasons = 2.5	2.5	2.5	2.5	2.5	HiLi
28	36	Walk <u>leisurely</u> for exercise or	Probably average speed for older adults:	2.5	2.5	2.5	2.5	HiLi
NEW	37	walk your dog*	walking the dog = 3.0 Lowered met value to walking 2.0mph to accommodate likely walking speed of older adults			3	2.5	HiLi
10	12	Play golf, riding a cart ( <u>count walking time only</u> )	golf, using power cart (Taylor Code 070) = 3.5 Adjusted down for reduced exertion of older adults	3.5	2	3.5	2	HiLi
34	47	Do Stretching or flexibility exercises (do <u>not</u> count yoga or tai Chi)	mild stretching = 2.5 stretching, hatha yoga = 2.5 Adjusted up from Stewart value because 2000 Compendium had a lower (and thus likely more appropriate) MET estimate for activities	4	2	2.5	2.5*	HiLi
35	48	Do yoga or Tai Chi	mild stretching = 2.5 stretching, hatha yoga = 2.5 Adjusted up from Stewart value because 2000 Compendium had a lower (and thus likely more appropriate) MET estimate for activities	4	2	2.5	2.5*	HiLi
20	26	Do light work around the house	Consensus of: Multiple household tasks all at once, light effort = 2.5		2.5	2.5	2.5	HiLi

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		(such as sweeping or vacuuming)	cleaning, light (dusting, straightening up, changing linen, carrying out trash) = 2.5 vacuuming light effort = 2.5					
39	52	Do general conditioning exercises, such as light calisthenics or chair exercises (do <u>not</u> count strength training)	calisthenics, home exercise, light or moderate effort, general (example: back exercises), going up & down from floor (Taylor Code 150) = 3.5 Adjusted down for reduced exertion of older adults	4.5	2.5	3.5	2.5	HiLi
38	51	Do light strength training (such as hand held weights of <u>5 lbs. or less</u> or elastic bands)	weight lifting (free, nautilus or universal-type), light or moderate effort, light workout, general = 3.0	3	3	3	3 <sup>†</sup>	MVPA
31	46	Do water exercises (do <u>not</u> count other swimming)	water aerobics, water calisthenics = 4.0 Adjusted down for reduced exertion of older adults	4	3	4	3	MVPA
33	44	swim gently	swimming, leisurely, not lap swimming, general = 6	6	3	6	3	MVPA
19	25	Do heavy work around the house (such as washing windows, cleaning gutters)	Average of: Multiple household tasks all at once, moderate effort = 3.5 Multiple household tasks all at once, vigorous effort = 4.0 cleaning, heavy or major (e.g. wash car, wash windows, clean garage), vigorous effort = 3.0 Multiple household tasks all at once, vigorous effort = 4.0 Increased from Stewart as new items were available in 2000 Compendium	4.5	3	3.625	3.63	MVPA

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7	10	dance (such as square, folk, line, ballroom) (do <u>not</u> count aerobic dance here)	ballroom, slow (e.g. waltz, foxtrot, slow dancing), samba, tango, 19th C, mambo, chacha = 3.0 Value lowered from Stewart value because 2000	4.5	4.5	3	3	MVPA
26	38	walk <u>fast or briskly</u> for exercise (do not count walking leisurely or <u>recreationally</u> )	Average of: walking, 3.5 mph, level, brisk, firm surface, walking for exercise = 3.8 walking, 3.0 mph, level, moderate pace, firm surface = 3.3	4	3.5	3.5	3.5	MVPA
15	18	play doubles tennis (do not <u>count</u> singles)	Lower value chosen of: tennis, doubles (Taylor Code 430) = 6.0 tennis, doubles = 5.0 Adjusted down for reduced exertion of older adults	6	4	5	5	MVPA
9	13	play golf, carrying or pulling your equipment (count <u>walking time</u> only)	Average of: golf, walking and carrying clubs = 4.5 golf, walking and pulling clubs = 4.3 Adjusted down for reduced exertion of older adults	5	3	4.4	3	MVPA
21	27	do heavy gardening (such as spading, raking)	Average of: Spading 5.0 Mowing power 4.5 Weeding 4.5 Planting bushes and seedlings 4.0 Raking 4.0 Trimming 4.5 Sacking leaves 4.0 Adjusted to reflect intermittent nature of heavy gardening, and because it uses small muscle groups	4.4	4	4.4	4	MVPA

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16	19	skate (ice, roller, in-line)	skating, ice, 9 mph or less = 5.5 Value increased from Stewart value based on new activity categories within 2000 Compendium	7	4.5	5.5	5.5	MVPA

37	50	Do moderate to heavy strength training (such as hand-held weights of <u>more than 5 lbs.</u> weight machines, or push ups)	calisthenics (e.g. pushups, situps, pullups, jumping jacks), heavy, vigorous effort = 8.0  weight lifting (free weight, nautilus or universal-type), power lifting or body building, vigorous effort (Taylor Code 210) = 6.0 Adjusted because caloric expenditure low compared to walking	7	4.5	7	4.5 <sup>†</sup>	MVPA
32	45	swim moderate to fast	swimming laps, freestyle, fast, vigorous effort = 10.0 swimming laps, freestyle, slow, moderate or light effort = 7 Adjusted down to account for way in which older adults swim on average	8	5	8.5	5 <sup>†</sup>	MVPA
29	41	Ride a bicycle or stationary cycle (using <u>legs only</u> ) <sup>1</sup>	Average of: Bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115) = 4.0  Bicycling, 10-11.9 mph, leisure, slow, light effort = 6  Bicycling, stationary, general = 7 Bicycling, stationary, 50 watts, very light effort = 3	5	4	5.1	4	MVPA

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			Bicycling, stationary, 100 watts, light effort = 5.5 Adjusted down for likely lower resistance for older adults					
NEW	35	bicycle <u>to do errands</u> (count bicycling time only)*	Same Rules used for Ride a bicycle or stationary cycle.			5.1	4	MVPA
	36	49 Do aerobics or aerobic dancing	aerobic, general = 6.5 Adjusted down for reduced	5	3.5	6.5	3.5	MVPA

MOD of 30	42	Do aerobics machines involving <u>arms and legs</u> (such as rowing or cross-country ski machines) <sup>2</sup>	Average of: ski machine, general = 7.0 rowing, stationary ergometer, general = 7 rowing, stationary, 50 watts, light effort = 3.5 Adjusted down for reduced exertion of older adults	7	5	5.83	5 <sup>†</sup>	MVPA
	25	39 walk uphill or hike uphill (count only the uphill part)	walking, 3.5 mph, uphill = 6	6	6	6	6	MVPA
	14	17 Play Singles tennis (do not <u>count</u> doubles)	tennis, singles (Taylor Code 420) = 8 Adjusted down for reduced exertion of older adults	8	6	8	6	MVPA
	40	53 Play basketball, soccer, or racquetball (do <u>not</u> count time on sidelines)	Average of: basketball, game (Taylor Code 490) = 8 basketball, non-game, general (Taylor Code 480) = 6 basketball, shooting baskets = 4.5 soccer = 7	7.1	5	6.5	5	MVPA



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			racquetball = 7 Adjusted down for reduced exertion of older adults					
24	40	Jog or Run	jogging, general = 7	7	7	7	7	MVPA
MOD of 30	43	do stair or step machine	Stair-treadmill ergometer, general = 9	7	5	9	7	MVPA
<p><sup>†</sup>Items that had a lower estimated value for mid-life and older adults. *items were not part of the original CHAMPS, Stewart et al. 2001. They were added for this assessment. Also note that the item, "Work on your car, truck, lawn mower, or other machinery" was not asked in this version of the CHAMPS.</p> <p><sup>1</sup>(using legs only) was added to this version of the CHAMPS</p> <p><sup>2</sup>The wording of this item was changed from the original CHAMPS to distinguish full body aerobic activity from lower-body only activity(original item 30, Do other aerobics machines such as rowing or step machines (do <u>not</u> count treadmill or stationary cycle).</p>								