METs is an index for intensity of physical activity. With defining MET of sitting/resting as 1, for example, that of normal walking is 3. Higher METs increase your energy consumption, which leads to weight loss. Let's change the way you walk!

### How to Walk with higher METs

1. **Down to look and go**
   - Do not look down while walking.
   - It’s recommended to look about 20 meters ahead while walking.

2. **Increase strides**
   - Take as large a stride as possible.
   - Land with the heels first and kick with toes.

3. **Swing your arms lightly.**

4. **Walk faster than usual, but not too hard.**

### Aim even higher METs!

- **Early walking**
  - 4~5 METs
  - fast walking 4~5 METs

- **Jogging**
  - 6~8 METs
  - jogging 6~8 METs

- **Stairs up**
  - 4~8 METs
  - stairs up 4~8 METs

- **Stairs down**
  - 3.5 METs
  - stairs down 3.5 METs

If you experience discomfort, for example, in your knees or chest, consult your physician.