$ln[18]:= Z = NIntegrate[Exp[-5H[x, y]], \{x, -1\infty, \infty\}, \{y, -1\infty, \infty\}]$

$$In[21]:=$$
 yy = NIntegrate $\begin{bmatrix} Exp[-5H[x,y]]*y^2/Z, \{x,-1\infty,\infty\}, \{y,-1\infty,\infty\} \end{bmatrix}$ $Uni[22]:=$ xy = NIntegrate $\begin{bmatrix} Exp[-5H[x,y]]*(x^2+y^2)/Z, \{x,-1\infty,\infty\}, \{y,-1\infty,\infty\} \end{bmatrix}$ $Uni[22]:=$ 3.89566