1. walking 2. eating-1 3. running+1 4. cooking+1 5. dancing+↑ 5. Watching ty or movie-↑ washing a vehicle+↓ 8. laving down-l 9. talking on phone-J Activity 0. playing basketball+』 11. picking fruit+↑ 12. bowling+↓[13. getting my hair don 14. reading-↑ 15. attending church-16. playing football+ 17. sledding+↑ 18. shovelina+↑ 19. snowboarding+↑ 20. roller skiing+↑ 21. boating-↑ 22. biking+↑ visualization by 23. rock climbin@apdyreagan -0.5 Per activity phrase caloric expenditure shi

Why Massachusetts is expends more calories on average

 $\Sigma + 1$

Σ-↓

Average US caloric expenditure = 176.60 Massachusetts caloric expenditure = 178.75

Σ-↑

Σ+↓