Σ -↑ Σ -↓ Σ -↑ Σ -↓ Σ -↑ Σ -↑

6. eating-↑

7. swimming+ \downarrow 8. biking+ \downarrow

using treadmill+↓
ice skating+↓
jogging+↓

12. talking on phone-↑ getting my hair done-↑ 14. attending church-↑

Σ+↑

Why North Carolina expends fewer calories on average:

Average US caloric expenditure = 176.60 North Carolina caloric expenditure = 172.59

Σ+↓

Activity rank