3. hiking+↑ 4. using treadmill+↑ 5. watching tv or movie-↑ 6. eating-↓ 7. playing football+↓□ 8. walking+↑ 9. cooking+↓□ 10. dancing+↑ 11. talking on phone-↓ 12. ice skating+↓□ 13. laying down-↓

Σ-1

2. biking+↑

 $\Sigma + 1$

Σ

runnina+↑

14. getting my hair done-

18. getting my nails done-

|21. playing basketball+↑

15. showering-↓
16. bowling+↑

|22. sitting-↓ |23. skiina+↑

Why Oregon is expends more calories on average:

Σ+↓

17. cleaning+↓

19. doing laundry+↓

ean**i**ng or washing a vehicle+↓|

Average US caloric expenditure = 176.60 Oregon caloric expenditure = 189.76

Per activity phrase caloric expenditure shi