## 

6. hiking+1

7. biking+↓□ 8. showering-↑□ 9. playing football+↓□

12. walking+ $\downarrow$ 

14. ice skating+↓ □

□5. cleaning+↑

10. watching ty or movie-

11. running stairs+↑

¶13. aerobics+↑

Why Delaware expends fewer calories on average:

Average US caloric expenditure = 176.60

Activity rank

15. laying down-↑ 16. skiing+↓ 17. boxing+↓ 17. boxing+↓ 17. boxing+↓ 17. boxing+↓ 19. golfing+↓ 19. golfing+↓ 19. golfing+↓ 19. cooking+↓ 19