2. watching tv or mov 3. running+1 4. walking+↑ 5. eating-↑ Activity To cleaning+↓ 7. cleaning+↓ 7. cleaning+↓ 10. playing a vehicle+↓ 12. sitting-↑ 13. standing-↑ 6. swimming+1 8. cookina+↑ _11. hiking+↑ 12. sitting-↑ 13. standing-↑ 14. ice skating+↑ 15. bowling+10 16. golfing+1 17. playing football+↑ 18. skiing+ 19. playing video or comple 20. sledding+1

Per activity phrase caloric expenditure shi

22. fishing+

Σ

Σ+↑

Σ-1

21. biking+↑

23. doina bikram ্থতব্ৰস্থক

1. dancina+↑

Why DC expends fewer calories on average:

Σ-↑

Average US caloric expenditure = 176.60

DC caloric expenditure = 175.87

Σ+↓