Σ-1 Σ 1. runnina

 $\Sigma + 1$

2. dancing+↑

3. eating-1

7. snowboarding+↑

12. using treadmill+↑

9. laying down-1 10. biking+↑ 11. walking+↑

4. hiking+↑ skiing+↑

Why Washington expends more calories on average:

Σ+↓

Average US caloric expenditure = 176.60 Washington caloric expenditure = 184.72

watching tv or movie-↑

8. cooking+

13. boating-↑ 14. swimming+↓ 15. reading-↑ 16. talking on phone-1 17. sledding+↑ 18. showering-L 19. getting my hair done 20. playing basketball+ 21. mountain climbing+↑ 22. playing football+ |23. iǫaaina+↑

Per activity phrase caloric expenditure shi

Activity rank