Activity rank 7. getting my nails done-8. swimming+ <mark>-</mark>9. cleaning+↑ 10. laying down-↑ 11. playing dodgeball+↑ ■12. talking on phone-↓ 13. boxing+ **□**14. golfing+↑ 15. hiking+ 16. deer hunting+↑ 17. shoveling+↑ 18. doing laundry+↑ 19. using treadmill+↑ 20. walking+ \downarrow 21. ice skating+↑ 22. country dancing to be <u>23. readina-↑</u>

Why North Dakota is expends more calories on average:

Σ-1

Σ 1. runnina+↑ sledding+↑ 3. eating-↓

6. cleaning or washing a

 $\Sigma + 1$

Average US caloric expenditure = 176.60 North Dakota caloric expenditure = 182.78

Σ+↓ [

watching tv or movie-↑

5. cooking+1

Per activity phrase caloric expenditure shi