3. hiking+↑ 4. biking+↑ walking+↑ |6. sitting-⊥ Activity rank 7. laying down-1 8. cooking+1 9. ice skating+↑ 10. cleaning or washing 11. boxing+↑ 12. playing football+↓[13. talking on phone-⊥ 14. sledding+1 15. swimming+↑ 16. jogging+↑ 17. reading-↑ 18. golfing+ 19. rock climbina+↑ 20. getting my hair done-21. fishing+↓ 22. showering-Lyisualization by 23. spowboardin@尋n∯yreagan Per activity phrase caloric expenditure shi

Why California expends more calories on average:

Σ-1

 $\Sigma + \downarrow$

 $\Sigma + 1$

Σ 1. dancing

2. running+↑

Average US caloric expenditure = 176.60 California caloric expenditure = 185.06