## Σ 6. eating-↑ 12. talking on phone-↑ 13. getting my hair done-↑ 14. attending church-↑ 17. showering-↑ 19. laying down-↑ 20. sitting-↑ Activity rank 46. standing-↑ 54. getting my nails done-↑ 60. washing dishes-↑ 70. watching tv or movie...-↑ 90. online shopping-↑ 127. watching sports in p...-↑ 134. attending a family $r...-\uparrow$ 136. playing games-↑ 178. getting nails dones-↑ 180. bird watching-↑ $-0.5 \, 0.0 \, 0.5$ Per activity phrase caloric expenditure shift

Why North Carolina expends fewer calories on aver-

 $\Sigma$ + $\uparrow$ 

 $\Sigma$ - $\downarrow$ 

North Carolina caloric expenditure = 172.59 (Rank 39 out of 49)

Average US caloric expenditure = 176.60

Σ-↑

 $\Sigma + \downarrow$