Σ 3. eating-↓ ■9. laying down-↓ 16. talking on phone-↓ ■18. showering-↓ 19. getting my hair done-↓ 40. attending church-↓ 50. watching tv or movie...-Activity rank 90. attending a family r...-↓ 112. sitting and listening-1117. online shopping-↓ 1118. washing dishes-155. parasailing-↓ 170. getting my hair and...-↓ 175. ironing-↓ 187. playing video games-Per activity phrase caloric expenditure shift

Why Washington expends more calories on average

 Σ - \downarrow

 $\Sigma + \uparrow$

Washington caloric expenditure = 184.72 (Rank 13 out of 49)

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$

 Σ - \uparrow