Average US caloric expenditure = 176.60Kentucky caloric expenditure = 173.77 (Rank 37 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ - \downarrow 2. dancing+↓ 5. biking+ \downarrow 8. hiking+↓ 14. cooking+↓ 16. snowboarding+ \downarrow 17. boxing+ \downarrow 19. walking+↓ Activity rank 20. skiing+↓ 28. using treadmill+↓ 29. shoveling+↓ 31. mountain biking+↓ 33. elliptical+↓ 34. shopping+↓ 35. pole dancing+ \downarrow 42. doing pushups+↓ 43. walking a pet+↓ 46. doing yoga+↓ 48. jumping jacks+↓ 49. white water rafting $+\downarrow$ 50. doing situps+↓ 52. skateboarding+↓ 54. walking briskly+↓ 55. line dancing+↓ 1 Per activity phrase caloric expenditure shift

Why Kentucky expends fewer calories on average: