## Why Vermont expends more calories on average: Average US caloric expenditure = 176.60Vermont caloric expenditure = 203.22 (Rank 3 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ $\square$ 7. eating- $\bot$ 8. watching tv/movies-↓ 16. getting my hair done-↓ 17. getting my nails done-↓ 19. talking on phone-↓ 29. laying down-↓ 37. attending church-↓ Activity rank 42. reading-↓ 46. watching tv or movie...-56. showering-↓ 91. washing dishes-↓ 95. typing-↓ 198. brushing my teeth-↓ 1102. online shopping-↓ 1119. sitting on a toilet-130. sitting and listening-↓ 131. playing guitar-↓ 149. getting my hair and...-152. taking medicine-↓ 154. snuggling or petting...-↓ 157. ironing-↓ 168. parasailing-171. bird watching-↓ -10 -5 Per activity phrase caloric expenditure shift