Why Arkansas expends fewer calories on average: Average US caloric expenditure = 176.60Arkansas caloric expenditure = 167.73 (Rank 46 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ 1. running+ \downarrow 2. eating-↑ 3. dancing+↓ 4. walking+↓ 5. cooking+↑ 6. laying down-↑ 7. using treadmill+↓ Activity rank 8. jazzercise+↑ 9. biking+↓l 10. swimming+ \downarrow 11. watching tv/movies-↑ $\square 12$. getting my nails done- \downarrow 13. ice skating+ 14. sitting-↑ 15. attending church-↑ 16. playing football+↑ 17. hiking $+\downarrow$ 18. boxing+ \downarrow 19. writing-↓ 20. golfing+↓ 21. snowboarding+ $\downarrow \downarrow$ 22. skiing+↓ $23. fishing + \uparrow$ -2 Per activity phrase caloric expenditure shift