```
Why New Jersey expends fewer calories on average
Average US caloric expenditure = 176.60
New Jersey caloric expenditure = 174.08 (Rank 36 out of 49)
     \Sigma + \downarrow
                                                     \Sigma + \uparrow
                            \Sigma-\uparrow
                                             \Sigma-\downarrow
                     Σ
                                       \blacksquare 3. \text{ eating-} \downarrow
                                       12. sitting-↓
                                       15. attending church-↓
                                       43. boating-1
                                       55. reading-↓
                                       |56. getting my hair done-↓
                                       58. watching tv or movie...-
Activity rank
                                       63. laying down-↓
                                       95. online shopping-↓
                                       105. brushing my teeth-↓
                                       1116. washing dishes-↓
                                       124. typing-↓
                                       137. bird watching-↓
                                       138. sitting on a toilet-↓
                                       150. taking medicine-↓
                                       168. attending a family r...-↓
                                       169. playing video games-↓
                                       173. drawing-↓
                                       174. shaving-↓
                                       175. ironing-↓
                                       184. watching sports in p...-
                                       197. making copies-↓
```

Per activity phrase caloric expenditure shift