11. talking on phone-↑ 12. laying down-↑ 17. attending church-↑ 26. getting my hair done-↑ 31. showering-↑ Activity rank 40. watching tv or movie...-↑ 90. parasailing-↑ 102. attending a family $r...-\uparrow$ 121. ironing-↑ 123. washing dishes-↑ 126. online shopping-↑ 133. playing guitar-↑ 138. taking medicine-↑ 147. watching sports in p...-↑ 148. typing-↑ 173. sitting and listening-↑ 183. fidgeting-↑ 186. pumping gas-↑ -2 - 1 0Per activity phrase caloric expenditure shift

Why Alabama expends fewer calories on average:

 $\Sigma + \uparrow$

Alabama caloric expenditure = 168.05 (Rank 44 out of 49)

3. eating-↑

9. sitting-↑

∑-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$

Σ