1. watching tv/movies-↑ 5. sitting-↑ 17. playing video games-↑ 20. talking on phone-↑ 23. getting my nails done-↑ 26. writing-↑ 32. laying down-↑ Activity rank 46. typing-↑ 55. showering-↑ 63. online shopping-↑ 104. bird watching-↑ 132. getting my hair and...-↑ 163. walking leisurely-↑ 165. sitting and listening-↑ 180. pumping gas-↑ -0.50.00.5Per activity phrase caloric expenditure shift

Why Pennsylvania expends fewer calories on avera

 $\Sigma + \uparrow$

 Σ - \downarrow

Pennsylvania caloric expenditure = 174.52 (Rank 34 out of 49)

Average US caloric expenditure = 176.60

 Σ - \uparrow

 $\Sigma + \downarrow$