$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ-↑ Σ 15. cooking+↑ 20. jogging+↑ 28. roller skating+↑ 37. kayaking+↑ 40. running uphill+↑ 42. doing laundry+↑ 44. playing football+↑ Activity rank 47. doing the cooking da...+↑ 50. slow dancing+↑ 153. getting dressed+↑ 56. using stair master+↑ 157. square dancing+↑ 158. doing my hair+↑ 160. praise dancing+↑ 161. doing pushups+↑ 64. playing basketball+↑ 167. walking down stairs+↑ 71. sailing+↑ 80. taking out trash+↑ 84. swag dancing+↑ 85. digging holes+↑ 190. contemporary dancing+↑ 92. robot dancing+↑ -2 Per activity phrase caloric expenditure shift

Why Maryland expends fewer calories on average:

Maryland caloric expenditure = 167.85 (Rank 45 out of 49)

Average US caloric expenditure = 176.60