$\Sigma + \downarrow |$  $\Sigma + \uparrow$ ∑-↑  $\Sigma$ - $\downarrow$ Σ 1. running+ $\downarrow$ 2. eating- $\uparrow$ 3. walking+↓ 4. sitting-↓ 5. swimming+↑ 6. hiking+↓ 7. dancing+↑ Activity rank 8. watching tv/movies-↓ 9. mountain biking+↑ 10. sledding+ $\downarrow$ 11. ice skating+↓ 12. skiing+↓ 13. playing football+↑ 14. biking+↓ 15. boxing+↑ 16. snowboarding+↓ 17. talking on phone-↑ 18. walking briskly+↑ 19. playing basketball+↑ 20. attending church-↑ 21. bowling+↓ 22. cleaning vehicles+↑ 23. cooking+↓ 0.0 0.5 -0.5Per activity phrase caloric expenditure shift

Why Texas expends fewer calories on average:

Texas caloric expenditure = 174.41 (Rank 35 out of 49)

Average US caloric expenditure = 176.60