Why Colorado expends more calories on average: Average US caloric expenditure = 176.60Colorado caloric expenditure = 203.48 (Rank 2 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ-↑ Σ 1. running+↑ 2. skiing+↑ 3. hiking+↑ 4. snowboarding+↑ \square 5. biking+ \uparrow ¹7. mountain biking+↑ 9. white water rafting+1 Activity rank 10. rock climbing+↑ 13. sledding+↑ 14. ice skating+↑ 17. walking+↑ 19. jazzercise+↑ 20. using treadmill+↑ 21. scuba diving+↑ 23. bowling+ \uparrow 24. mountain climbing+↑ 27. golfing $+\uparrow$ 29. doing yoga+↑ 31. swimming+↑ 32. doing the cooking da...+ \uparrow 135. backpacking+↑ 37. rafting+↑ 38. line dancing+↑ -5 Per activity phrase caloric expenditure shift