$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow 1. running+↑ 2. watching tv/movies-1 3. swimming+ \downarrow 4. dancing+ \downarrow 5. cooking+↑ 6. ice skating+↓ 7. hiking+↓l Activity rank 8. playing football+1 9. biking+ \downarrow 10. showering-↑ 11. skiing+ 12. sledding+ 13. walking+ 14. using treadmill+↓□ 15. jogging+↓ 16. bowling+ \downarrow 17. getting my hair done-↑ 18. laying down-19. running stairs+↑ 20. golfing+ \downarrow 21. boxing+ \downarrow 22. eating- \downarrow $23. \text{ hunting} + \uparrow$ -1.40.50.00.51.0Per activity phrase caloric expenditure shift

Why Virginia expends fewer calories on average:

Virginia caloric expenditure = 175.67 (Rank 30 out of 49)

Average US caloric expenditure = 176.60