$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ-↓ Σ 2. watching tv/movies- \downarrow ■19. playing video games-↓ 39. attending church-↓ 62. online shopping-↓ 64. wrapping presents-↓ 68. typing-↓ 72. writing-↓ Activity rank 77. watching child-↓ 91. reading-↓ 107. playing games-↓ 1111. shaving-↓ 1116. washing dishes-↓ 121. attending a family $r...-\downarrow$ 129. drawing-↓ 138. playing guitar-↓ 141. taking medicine-1 142. sitting on a toilet-↓ 143. snuggling or petting...-155. sitting and listening-↓ 159. parasailing-↓ 163. pumping gas-↓ 165. bird watching-↓ 191. playing video games-Per activity phrase caloric expenditure shift

Why DC expends fewer calories on average:

DC caloric expenditure = 175.87 (Rank 29 out of 49)

Average US caloric expenditure = 176.60