## $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ 1. running+ $\downarrow$ 2. dancing+↓ 4. playing basketball+ 6. hiking+↓ 7. biking+ $\downarrow$ 9. playing football+ 12. walking+↓ Activity rank 14. ice skating+↓ 16. skiing+↓ 17. boxing+ $\downarrow \parallel$ 19. golfing+↓ 20. cooking+ $\downarrow$ 21. mowing grass+↓ 23. sledding+ $\downarrow$ 24. cleaning vehicles+↓ 30. snowboarding+↓ 31. using treadmill+↓ 32. doing laundry+↓ 34. ultimate frisbee+↓ 35. mountain biking+↓ 40. jogging+↓ 43. line dancing+ $\downarrow$ 44. climbing stairs+↓ -4-2024 Per activity phrase caloric expenditure shift

Why Delaware expends fewer calories on average:

Delaware caloric expenditure = 164.98 (Rank 47 out of 49)

Average US caloric expenditure = 176.60