## $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ $\Sigma$ - $\downarrow$ Σ ■12. getting my nails done-↓ 19. writing-↓ \$\B\$30. playing video games-↓ 33. reading-↓ \$\Bar{1}\$36. boating-↓ 48. wrapping presents-↓ 56. standing-↓ Activity rank 77. typing-↓ 79. showering-↓ 87. online shopping-↓ 97. watching child-↓ 98. sitting on a toilet-↓ 133. shaving-↓ 138. brushing my teeth-↓ 150. attending a family r...-155. parasailing-↓ 157. playing guitar-↓ 161. bird watching-↓ 178. arts and crafts-1 181. walking leisurely-↓ 185. playing video games-↓ 192. getting my hair and...--2 Per activity phrase caloric expenditure shift

Why Arkansas expends fewer calories on average:

Arkansas caloric expenditure = 167.73 (Rank 46 out of 49)

Average US caloric expenditure = 176.60