Why Oregon expends more calories on average: Average US caloric expenditure = 176.60Oregon caloric expenditure = 189.76 (Rank 6 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ 1. running+↑ 2. biking+↑ 3. hiking+↑ 4. using treadmill+↑ 5. watching tv/movies-↑ $\blacksquare 6. \text{ eating-} \downarrow$ 7. playing football+ Activity rank 8. walking+↑ 9. cooking+↓ 10. dancing+↑ 11. talking on phone-\ 12. ice skating $+\downarrow$ 13. laying down-↓ 14. getting my hair done-↓ 15. showering-16. bowling+ \uparrow 17. cleaning+↓ 18. getting my nails done-19. doing laundry+↓ 20. cleaning vehicles+↓ 21. playing basketball+↑ 22. sitting-1 23. skiing+↑ -5 Per activity phrase caloric expenditure shift