Why Utah expends more calories on average: Average US caloric expenditure = 176.60Utah caloric expenditure = 195.66 (Rank 4 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ 1. skiing+↑ 2. dancing+↑ 3. hiking+↑ 4. snowboarding+↑ 5. swimming+↑ 6. sledding+↑ 7. biking+↑ Activity rank 8. cooking+↓ 9. rock climbing+↑ 10. sitting-↑ 11. playing football+↓ ■12. laying down-↓ ■13. eating-↓ ¹14. ice skating+↑ ■15. watching tv/movies-↓ 16. golfing+↑ 17. walking+↑ 18. showering-↓ 19. using treadmill+↑ ■20. getting my hair done-↓ 21. cleaning vehicles+\\ 22. running+↑ 23. talking on phone--2 Per activity phrase caloric expenditure shift