```
Average US caloric expenditure = 176.60
Pennsylvania caloric expenditure = 174.52 (Rank 34 out of 49)
    \Sigma + \downarrow
                                                     \Sigma + \uparrow
                                             Σ-↓
                  \Sigma-\uparrow
                  Σ
                                     6. using treadmill+↑
                                    9. walking+↑
                                    11. swimming+↑
                                    13. skiing+↑
                                    14. playing football+↑
                                    16. ice skating+↑
                                    19. shoveling+↑
Activity rank
                                    21. doing laundry+↑
                                    25. line dancing+↑
                                    27. walking briskly+↑
                                    30. running stairs+\uparrow
                                    33. elliptical+↑
                                    34. \text{ golfing} + \uparrow
                                    38. snowboarding+↑
                                    40. getting dressed+↑
                                    43. white water rafting+↑
                                    47. roller skating+↑
                                    48. hunting+↑
                                    51. drag racing+↑
                                    54. table dancing+↑
                                    156. walking quickly+↑
                                    58. Irish dancing+↑
                               -0.50.00.5
      Per activity phrase caloric expenditure shift
```

Why Pennsylvania expends fewer calories on avera