Illinois caloric expenditure = 175.55 (Rank 31 out of 49) $\Sigma + \uparrow$ $\Sigma - \uparrow$ $\Sigma - \downarrow$ Σ

Why Illinois expends fewer calories on average:

Average US caloric expenditure = 176.60

3. swimming+↓ 4. hiking+ \downarrow 5. watching tv/movies-↑ 6. getting my hair done-↑ ¹7. biking+↑ Activity rank 8. eating-↑ 9. fishing+ 10. walking+↑ 11. sledding+↑ 12. playing football+↓ 13. using treadmill+↑ 14. playing basketball+↑ 15. bowling+↑ 16. snowboarding+↓□ 17. rock climbing+↓ 18. jogging+↓ 19. playing video games-↓ 20. talking on phone-\ 21. reading-↑

| 23. laying down-↓
-0.5.0.5

Per activity phrase caloric expenditure shift

22. ice skating+↑