Why Iowa expends more calories on average: Average US caloric expenditure = 176.60Iowa caloric expenditure = 185.14 (Rank 9 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ 1. running+↑ 2. eating- \downarrow 3. cooking+↓ 4. biking+↑ 5. playing basketball+↑ 6. dancing+ \downarrow ¹7. golfing+↑ Activity rank ■8. getting my hair done-↓ 9. hiking+↓ 10. watching tv/movies-↑ 11. swimming+↑ 12. cleaning+↑ 13. sledding+↑ 14. sitting-↑ 15. playing football+↑ 16. fishing+↑ 17. boxing+ \downarrow 18. bowling+↑ 19. laying down-↑ 20. mowing grass+↑ 121. talking on phone-↓ 22. ultimate frisbee+↑ 23. playing video games-↑ -4 -2 0 2 4 Per activity phrase caloric expenditure shift