$\sum -\downarrow$ Σ 5. watching tv/movies-↑ 17. playing video games-↑ 35. meditating-↑ 36. getting my nails done-↑ 57. writing-↑ 61. reading-↑ 110. standing-↑ Activity rank 123. knitting-↑ 130. crocheting-↑ 136. sitting on a toilet-↑ 138. drawing-↑ 151. walking leisurely-↑ 152. bird watching-↑ 169. getting nails dones-↑ 179. clipping my nails-↑ 189. shaving-↑ Per activity phrase caloric expenditure shift

Why Arizona expends more calories on average:

 $\Sigma + \uparrow$

Arizona caloric expenditure = 181.96 (Rank 18 out of 49)

Σ-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$