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-↑ Σ 8. cooking+ \downarrow 11. playing football+↓□ 21. cleaning vehicles+ 31. boxing+ \downarrow 33. doing laundry+↓ □ 36. pole dancing+↓ 38. playing dodgeball+↓ Activity rank 41. jogging+↓ 42. ultimate frisbee+↓ 43. roller skating+↓ 49. walking briskly+↓ 50. doing my hair+ \downarrow 52. doing pushups+↓ 54. kayaking+↓ 55. line dancing+↓ 56. elliptical+↓ 59. jet skiing+↓ 60. walking quickly+↓ 64. scuba diving+↓ 69. aerobics+↓ 71. getting dressed+\| 74. skateboarding+\ 75. picking fruit+↓ 4 Per activity phrase caloric expenditure shift