$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow ∑-↓ Σ 2. running+ \downarrow 5. walking+↓ 14. cooking+↓ 17. jogging+↓ 22. sledding+\ 29. ice skating+↓ 44. pole dancing+↓ Activity rank 52. ultimate frisbee+↓ 55. climbing stairs+↓ 57. roller skating+↓ 59. playing active video...+↓ 60. shoveling+↓ 61. jumping jacks+↓ 65. doing situps+↓ \| 68. playing basketball+↓ 69. kayaking+↓ 71. line dancing+↓ 72. using stair master+↓ 73. doing my hair+↓ ∥ 76. running stairs+↓ 77. jet skiing+↓ 78. walking quickly+↓ 79. boxing+ \downarrow Per activity phrase caloric expenditure shift

Why Idaho expends more calories on average:

Idaho caloric expenditure = 181.68 (Rank 19 out of 49)

Average US caloric expenditure = 176.60