## Σ-↑ $\Sigma$ - $\downarrow$ Σ 3. eating-↓ 19. getting my nails done-↓ ■22. getting my hair done-↓ 25. boating-↓ 27. talking on phone-↓ 50. attending church-↓ 55. meditating-↓ Activity rank 60. standing-↓ 111. washing dishes-↓ 124. knitting-↓ 125. watching child-↓ 133. snuggling or petting...-↓ 136. sitting on a toilet-↓ 137. ironing-↓ 138. crocheting-↓ 150. walking leisurely-↓ 152. brushing my teeth-↓ 158. parasailing-↓ 161. bird watching-184. playing video games-↓ 189. feeding family--2-1012Per activity phrase caloric expenditure shift

Why West Virginia expends fewer calories on average

 $\Sigma + \uparrow$ 

West Virginia caloric expenditure = 171.79 (Rank 41 out of 49)

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$