Σ ■2. eating-↓ 8. getting my hair done-1 21. talking on phone-28. showering-\ 31. attending church-↓ 87. knitting-↓ 91. standing-↓ Activity rank 125. getting my nails done-↓ 133. walking leisurely-↓ 137. attending a family $r...-\downarrow$ 139. meditating-↓ 141. snuggling or petting...-↓ 143. ironing-↓ 148. watching tv or movie...-156. parasailing-↓ 159. pumping gas-↓ 160. bird watching-↓ 164. drawing-↓ 184. playing video games-↓ 192. arts and crafts-↓ -4 -2 0 2 4 Per activity phrase caloric expenditure shift

Why Iowa expends more calories on average:

 $\Sigma + \uparrow$

Iowa caloric expenditure = 185.14 (Rank 9 out of 49)

∑-↑

 $\Sigma + \downarrow$

Average US caloric expenditure = 176.60