## $\Sigma + \downarrow$ $\Sigma + \uparrow$ $\Sigma$ - $\uparrow$ $\Sigma$ - $\downarrow$ Σ 1. running+ $\downarrow$ 2. dancing $+\downarrow$ 3. hiking+↓ 8. walking+↓[ 12. boxing+ $\downarrow$ 13. playing football+ 19. jogging+↓ Activity rank 21. biking+↓ 22. fishing+↓ 23. rock climbing+ 25. using treadmill+ 27. mountain biking+↓ 31. running stairs+1 33. playing dodgeball+↓ 34. line dancing+↓ 40. cleaning vehicles+↓ 42. doing laundry+↓ 44. elliptical+↓ 47. white water rafting+↓ 49. walking quickly+↓ 52. picking fruit+↓ 53. shopping+↓ 54. walking a pet+ $\downarrow$ 1 2 Per activity phrase caloric expenditure shift

Why Michigan expends fewer calories on average:

Michigan caloric expenditure = 171.49 (Rank 42 out of 49)

Average US caloric expenditure = 176.60