## ■23. laying down-↓ 32. writing-↓ 34. showering-↓ 38. attending church-↓ 44. sitting-1 Activity rank 55. watching tv or movie...-↓ 72. standing-↓ 74. playing games-↓ 80. wrapping presents-1 102. washing dishes-↓ 1105. brushing my teeth-↓ 1112. drawing-120. sitting on a toilet-124. parasailing-↓ 129. crocheting-↓ 147. online shopping-↓ 161. typing-↓ 178. watching sports in p...-↓ 186. attending a family r...-197. playing guitar-↓ 200. meditating-↓

-0.50.00.5 Per activity phrase caloric expenditure shift

Why Illinois expends fewer calories on average:

 $\Sigma$ - $\downarrow$ 

19. playing video games-↓20. talking on phone-↓

 $\Sigma + \uparrow$ 

Illinois caloric expenditure = 175.55 (Rank 31 out of 49)

Σ-↑ Σ

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$