$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ - \downarrow Σ **1**7. getting my hair done-↓ 8. eating-1 17. talking on phone-1 26. playing video games-1 29. getting my nails done-↓ 32. showering-↓ 47. boating-↓ Activity rank 49. watching tv or movie...-↓ 64. typing-↓ 88. meditating-↓ 93. online shopping-↓ 107. washing dishes-↓ 119. attending church-↓ 132. knitting-↓ 140. playing games-1 143. taking medicine-↓ 152. sitting on a toilet- \downarrow 155. arts and crafts-↓ 157. ironing-↓ 186. playing video games-↓ 189. walking leisurely-↓ Per activity phrase caloric expenditure shift

Why Missouri expends fewer calories on average:

Missouri caloric expenditure = 176.53 (Rank 28 out of 49)

Average US caloric expenditure = 176.60