Σ 10. watching tv/movies-↑ 14. sitting-↑ 19. laying down-↑ 23. playing video games-↑ 24. writing-↑ 27. reading-↑ 32. boating-↑ Activity rank 54. typing-↑ 62. playing games-↑ 67. watching child-↑ 71. online shopping-↑ 72. wrapping presents-↑ 88. sitting on a toilet-↑ 118. brushing my teeth-↑ 152. sitting and listening-↑ 169. making copies-↑ -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)

Σ-↑

 Σ - \downarrow

 $\Sigma + \downarrow$

Average US caloric expenditure = 176.60