## $\Sigma + \downarrow$ $\Sigma + \uparrow$ $\Sigma$ - $\downarrow$ Σ-↑ Σ 10. sitting-↑ 25. playing video games-↑ 28. reading-↑ 35. writing-↑ 73. standing-↑ 77. crocheting-↑ 86. wrapping presents-1 Activity rank 93. watching child-↑ 111. shaving-↑ 119. boating-↑ 129. arts and crafts-↑ 136. knitting-↑ 154. body painting-↑ 157. attending a family $r...-\uparrow$ 160. finger painting-↑ 166. getting my hair and...-↑ 184. pumping gas-↑ Per activity phrase caloric expenditure shift

Why Utah expends more calories on average:

Utah caloric expenditure = 195.66 (Rank 4 out of 49)

Average US caloric expenditure = 176.60