$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ - \downarrow Σ 1. running+↑ 4. biking+↑ ↓ 5. playing basketball+↑ ¹7. golfing+↑ 11. swimming+↑ 12. cleaning+↑ 13. sledding+↑ Activity rank 15. playing football+↑ 16. fishing+↑ 18. bowling+↑ 20. mowing grass+↑ 22. ultimate frisbee+↑ 25. shoveling+ \uparrow 29. jumping jacks+↑ 33. playing dodgeball+↑ 34. line dancing+↑ 36. walking+↑ 37. broomball+↑ 38. jet skiing+↑ 39. doing pushups+↑ 40. hunting+↑ 41. ice skating+↑ 42. table dancing+↑ -4 -2 0 2 4 Per activity phrase caloric expenditure shift

Why Iowa expends more calories on average:

Iowa caloric expenditure = 185.14 (Rank 9 out of 49)

Average US caloric expenditure = 176.60