Delaware caloric expenditure = 164.98 (Rank 47 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ 5. cleaning+↑ 11. running stairs+↑ 13. aerobics+↑ 28. playing dodgeball+↑ 33. swimming+↑ 36. shoveling+↑ 37. fishing+↑ Activity rank 38. chair dancing+↑ 39. doing the wobble dance+↑ 41. doing the hammer dance+1 42. getting dressed+↑ 45. mountain climbing+↑ 47. square dancing+↑ 49. praise dancing+↑ 53. deep sea diving+↑ 55. roller skating+↑ |56. elliptical+↑ 57. doing pushups+↑ 62. table dancing+↑ 64. wakeboarding+1 165. doing my hair+↑ 166. paddleboarding+↑ 69. using stair master+↑ -4-2024 Per activity phrase caloric expenditure shift

Why Delaware expends fewer calories on average:

Average US caloric expenditure = 176.60