∑-↑ Σ - \downarrow Σ 1. running+↓ 3. dancing+↓ 4. walking+↓ 7. using treadmill+↓ 9. biking+↓[10. swimming+ \downarrow 13. ice skating+↓ Activity rank 17. hiking+ \downarrow 18. boxing+↓ 20. golfing+ \downarrow 21. snowboarding+ 22. skiing+↓ 24. pole dancing+ 27. shopping+ \downarrow 29. sledding+↓ 31. elliptical+↓ 32. skateboarding+↓ ∥ 34. doing laundry+↓ \| 35. shoveling+ 37. doing yoga+↓ 40. kayaking+↓ 43. jet skiing+↓ 44. walking briskly+↓ 2 Per activity phrase caloric expenditure shift

Why Arkansas expends fewer calories on average:

 $\Sigma + \uparrow$

Arkansas caloric expenditure = 167.73 (Rank 46 out of 49)

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$