14. sitting-↑ 40. writing-↑ 56. playing games-↑ 61. watching child-↑ 68. wrapping presents-↑ 105. playing video games-↑ Activity rank 125. meditating-↑ 146. shaving-↑ 150. getting my hair and...-↑ 160. typing-↑ 180. taking medicine-↑ 183. playing guitar-↑ -1.40.5.00.51.0Per activity phrase caloric expenditure shift

Why Nebraska expends more calories on average:

 Σ - \downarrow

 $\Sigma + \uparrow$

Σ

Nebraska caloric expenditure = 184.79 (Rank 12 out of 49)

Σ-↑ [

Average US caloric expenditure = 176.60

6. watching tv/movies-↑

 $\Sigma + \downarrow$