Average US caloric expenditure = 176.60Maryland caloric expenditure = 167.85 (Rank 45 out of 49)  $\Sigma + \downarrow$  $\Sigma + \uparrow$ ∑-↑  $\Sigma$ - $\downarrow$ Σ 1. running+ $\downarrow$ 2. dancing+↓ 4. swimming+↓ 7. biking+ $\downarrow$ 12. bowling+ $\downarrow$ 13. golfing+↓ 14. skiing+↓ Activity rank 18. hiking+↓ 19. sledding+↓ 21. snowboarding+↓ 22. fishing+↓ 23. mountain biking+↓ ∥ 25. walking+ 26. rock climbing+↓ 29. ultimate frisbee+↓ 30. walking briskly+↓ 31. mowing grass+↓ 32. shopping+↓ 33. ice skating+↓ 34. using treadmill+↓ 35. scuba diving+↓ 36. elliptical+↓ 38. cleaning+↓ Per activity phrase caloric expenditure shift

Why Maryland expends fewer calories on average: