$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ - \downarrow Σ 6. dancing+ \downarrow 9. hiking+↓ 10. cooking+↓ 11. walking+↓ 20. ice skating+↓ 26. snowboarding+ 28. pole dancing+↓ Activity rank 29. mountain biking+↓ 36. using treadmill+↓ 38. skiing+↓ 42. rock climbing+↓ 44. running stairs+↓ 45. jet skiing+↓ 49. doing my hair+ \downarrow 50. scuba diving+↓ 53. white water rafting $+\downarrow$ 54. roller skating+↓ 57. kayaking+↓ 59. table dancing+↓ 63. belly dancing+↓

Why Kansas expends more calories on average:

Kansas caloric expenditure = 180.08 (Rank 22 out of 49)

Average US caloric expenditure = 176.60

Per activity phrase caloric expenditure shift

64. cheerleading+↓ 65. doing pushups+↓ 67. walking briskly+↓