Maine caloric expenditure = 184.18 (Rank 14 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ 1. mountain biking+↑ 2. running+↓ 3. skiing+↑ 4. hiking+↑ 5. eating- \downarrow 6. snowboarding+↑ 7. white water rafting+↑ Activity rank 8. cooking+1 9. watching tv/movies-↑ 10. swimming+↓ 11. using treadmill+↑ ■12. talking on phone-↓ 13. walking+↑ 14. kayaking+↑ 15. boating-↑ 16. playing basketball+↓□ 17. bowling+↑ 18. playing football+↓□ 19. getting my nails done-↓ 20. ice skating+↓ 21. jogging+↓ 22. picking fruit+1 23. standing--2 Per activity phrase caloric expenditure shift

Why Maine expends more calories on average:

Average US caloric expenditure = 176.60