Indiana caloric expenditure = 177.46 (Rank 27 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↓ 1. watching tv/movies-↑ 2. eating-1 3. running+↑ 4. swimming+↑ 5. using treadmill+↑ 6. sledding+↑ 7. hiking+↓ Activity rank 8. dancing+↓ 9. golfing+↑ 10. moving grass+↑ 11. ice skating+↑ 12. talking on phone-↓ 13. walking+ 14. bowling+↑ 15. playing video games-↑ 16. snowboarding+↓□ 17. cooking+↓ 18. playing basketball+↑ 19. mountain biking+ 20. sitting-↑ 21. playing football+↓ ■22. getting my nails done-↓ 23. boxing+ $\downarrow \downarrow$ -0.50.00.5Per activity phrase caloric expenditure shift

Why Indiana expends more calories on average:

Average US caloric expenditure = 176.60