$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ ■17. talking on phone-↓ ■18. getting my nails done-↓ ■19. getting my hair done-↓ ■21. laying down-↓ $\blacksquare 30.$ showering- \downarrow 35. eating- \downarrow 36. playing video games-↓ Activity rank 37. attending church-↓ 38. boating-↓ \$1. reading-↓ \$\\$55. online shopping-↓\$ 69. watching tv or movie...-↓ 79. knitting-↓ 190. walking leisurely-↓ 1115. brushing my teeth-↓ 1117. sitting and listening-↓ 128. sitting on a toilet-↓ 133. attending a family r...-136. standing-1 140. snuggling or petting...-↓ 144. crocheting-1152. arts and crafts-1 159. parasailing--1.40.50.00.51.0Per activity phrase caloric expenditure shift

Why Nebraska expends more calories on average:

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

Average US caloric expenditure = 176.60