10. reading-17. sitting- \downarrow 27. writing-1 43. boating-↓ 68. meditating-↓ 82. typing-↓ Activity rank 87. walking leisurely-95. watching child-↓ 109. sitting and listening-112. snuggling or petting...-124. playing guitar-↓ 126. wrapping presents-↓ 135. attending a family $r...-\downarrow$ 1155. arts and crafts-↓ 164. playing video games-↓ 186. pumping gas-↓ 200. shaving-↓ Per activity phrase caloric expenditure shift

Why Maryland expends fewer calories on average:

 $\Sigma + \uparrow$

l Σ-↓

3. watching tv/movies-1

Maryland caloric expenditure = 167.85 (Rank 45 out of 49)

Σ-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$

Σ