Delaware caloric expenditure = 164.98 (Rank 47 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ 1. running+ \downarrow 2. dancing+↓ 3. talking on phone-↑ 4. playing basketball+ 5. cleaning+↑ 6. hiking+↓ 7. biking+ \downarrow Activity rank 8. showering-↑ 9. playing football+↓ 10. watching tv/movies-11. running stairs+↑ 12. walking+↓ 13. aerobics+↑ 14. ice skating+↓ 15. laying down-↑ 16. skiing $+\downarrow \parallel$ 17. boxing+ $\downarrow \parallel$ 18. playing video games-↑ 19. golfing+↓ 20. cooking+ 21. mowing grass+↓ 22. reading-↓ 23. sledding+ \downarrow -4 -2 0 2 4 Per activity phrase caloric expenditure shift

Why Delaware expends fewer calories on average:

Average US caloric expenditure = 176.60