Why Montana expends more calories on average: Average US caloric expenditure = 176.60Montana caloric expenditure = 193.89 (Rank 5 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ-↓ Σ ■6. laving down-1 ■18. talking on phone-↓ 23. getting my hair done-↓ 30. sitting- \downarrow 32. getting my nails done-↓ 37. showering- \downarrow 42. reading- \downarrow Activity rank 43. attending church-↓ 47. eating- \downarrow 49. watching tv or movie...-↓ 63. watching tv/movies-↓ 68. online shopping-↓ 169. wrapping presents-↓ 87. watching child-↓ 1114. sitting on a toilet-124. sitting and listening-↓ 125. playing guitar-↓ 140. getting my hair and...-↓ 144. taking medicine-↓ 146. snuggling or petting...-↓ 149. brushing my teeth-↓ 150. ironing-↓ 158. arts and crafts--5 Per activity phrase caloric expenditure shift