

13. walking+↑

33. biking+↑

\$\|35. playing disc golf+↑\$

U14. kayaking+↑
17. bowling+↑
22. picking fruit+↑
25. climbing stairs+↑
32. doing power yoga+↑

Why Maine expends more calories on average:

Maine caloric expenditure = 184.18 (Rank 14 out of 49)

Average US caloric expenditure = 176.60

Activity rank

| 36. shopping+↑ | 37. mini golfing+↑ | 38. snowmobiling+↑ | 41. sailing+↑ | 42. sledding+↑ | 43. paddleboarding+↑ | 46. ballroom dancing+↑ | 49. pole dancing+↑ | 49. pole dancing+↑ | 50. digging holes+↑ | -2 0 2 | Per activity phrase caloric expenditure shift