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 - \downarrow Σ-↑ Σ 1. skiing+↑ 2. running+↑ 3. dancing+↓ 4. hiking+↑ 5. mountain biking+↑ 6. laying down-↓ 7. cooking+↓ Activity rank 8. fishing+↑ 9. white water rafting+↑ 10. snowboarding+↑ 11. using treadmill+ \downarrow 12. shoveling+↑ 13. biking+↑ 14. writing-↑ ¹15. square dancing+↑ 16. cleaning+↓ 17. jumping jacks+↑ ■18. talking on phone-↓ 19. chopping wood+↑ 20. mowing grass+ \uparrow 21. swimming+ $\downarrow \bot$ ¹22. bowling+↑ 23. getting my hair done--5 Per activity phrase caloric expenditure shift