Why Minnesota expends more calories on average: Average US caloric expenditure = 176.60Minnesota caloric expenditure = 188.65 (Rank 8 out of 49) $\Sigma + \downarrow \Gamma$ $\Sigma + \uparrow$ Σ - \uparrow Σ - \downarrow Σ 4. cooking+↓ 20. hiking+↓ 24. ice skating+↓ ∥ 25. cleaning+ $\downarrow \parallel$ 29. boxing+↓ 34. mountain biking+↓ 40. playing dodgeball+↓ Activity rank 41. using stair master+↓ 47. scuba diving+↓ 53. doing situps+↓ 54. walking briskly+↓ 56. jogging+↓ 58. white water rafting+ 59. doing pushups+↓ 61. jumping jacks+↓ 67. drag racing+↓ 69. belly dancing+↓ 70. kayaking+↓ 71. doing my hair+↓ 72. cheerleading+↓ 75. getting dressed+\| 82. jazzercise+↓ 86. ultimate frisbee+↓ -4-2024

Per activity phrase caloric expenditure shift