Why Washington expends more calories on average Average US caloric expenditure = 176.60Washington caloric expenditure = 184.72 (Rank 13 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ - \downarrow Σ 8. cooking+ \downarrow 14. swimming+ 20. playing basketball+↓ 22. playing football+ \downarrow 26. cleaning vehicles+↓ 32. boxing+ \downarrow 34. doing laundry+↓ Activity rank 45. shoveling+↓ 47. doing my hair+↓ 49. deer hunting+↓ 53. fishing+↓ 55. jumping jacks+↓ 64. walking briskly+↓ 65. line dancing+↓ 66. drag racing+↓ 67. getting dressed+↓ 68. belly dancing+↓ 69. cheerleading+↓ 72. jet skiing+↓ 73. walking quickly+↓ 76. playing dodgeball+↓ 80. jazzercise+↓ 81. doing situps+↓ -2 - 101 2 Per activity phrase caloric expenditure shift