Why Vermont expends more calories on average: Average US caloric expenditure = 176.60Vermont caloric expenditure = 203.22 (Rank 3 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ - \downarrow Σ 5. dancing+1 9. cooking+ 10. cleaning+ \downarrow 11. using treadmill+ 18. doing laundry+↓ 21. playing basketball+ 23. playing football+ Activity rank 24. boxing+ \downarrow 36. mowing grass+↓ 41. weight lifting+↓ 43. doing my hair+↓ 44. doing pushups+↓ 49. pole dancing+↓ 53. elliptical+↓ 57. ultimate frisbee+1 62. skateboarding+↓ 66. golfing+ \downarrow 67. doing situps+↓ 68. walking briskly+↓ 69. kayaking+↓ 70. line dancing+ \downarrow 71. using stair master+↓ 73. doing yardwork+↓ 5 -10 -5 10 Per activity phrase caloric expenditure shift