Σ 5. getting my nails done-↑ 8. watching tv/movies-↑ 23. showering-↑ 26. writing-↑ 33. standing-↑ 36. talking on phone-↑ 41. playing video games-↑ Activity rank 47. playing games-↑ 68. wrapping presents-↑ 74. watching child-↑ 81. knitting-↑ 96. parasailing-↑ 122. walking leisurely-↑ 127. meditating-↑ 144. sitting and listening-↑ -101 Per activity phrase caloric expenditure shift

Why New Jersey expends fewer calories on average

 $\Sigma + \uparrow$

Σ-↓

New Jersey caloric expenditure = 174.08 (Rank 36 out of 49)

Σ-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$