$\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↓ Σ - \uparrow 1. running+↑ 5. cooking+↑ 8. playing football+↑ 19. running stairs+↑ 23. hunting+↑ 28. doing my hair+↑ 33. cleaning+↑

46. doing the wiggle dance+↑ 47. contemporary dancing+↑

155. doing the cooking da...+↑ 57. interpretive dancing+↑

49. packing+↑ 50. doing pushups+↑ 52. doing laundry+↑ 54. picking fruit+↑

Why Virginia expends fewer calories on average:

Virginia caloric expenditure = 175.67 (Rank 30 out of 49)

Average US caloric expenditure = 176.60

Activity rank

158. walking a pet+↑ 167. doing the safety dance+↑ 71. shopping+↑ 72. tap dancing+↑ 73. deer hunting+↑ 74. weight lifting+↑ 175. running uphill+↑ 77. playing basketball+↑ -1.40.50.00.51.0

Per activity phrase caloric expenditure shift