```
Mississippi caloric expenditure = 161.26 (Rank 49 out of 49)
     \Sigma + \downarrow
                                            \Sigma + \uparrow
                         Σ-↑
                                           \Sigma-\downarrow
         Σ
                                      ■5. watching tv/movies-↓
                                      22. getting my nails done-↓
                                      26. reading-1
                                      27. writing-↓
                                      33. boating-↓
                                      38. standing-↓
                                      41. typing-↓
Activity rank
                                      53. playing video games-↓
                                      59. wrapping presents-↓
                                      65. knitting-↓
                                      69. meditating-↓
                                      71. watching child-↓
                                      106. walking leisurely-↓
                                      107. shaving-↓
                                      125. snuggling or petting...-↓
                                      129. crocheting-↓
                                      130. drawing-↓
                                      140. playing guitar-↓
                                      153. parasailing-↓
                                      157. bird watching-↓
                                      165. arts and crafts-↓
                                      171. sitting on a toilet-\downarrow
                                      200. watching sports in p...-.
                                -4-2024
      Per activity phrase caloric expenditure shift
```

Why Mississippi expends fewer calories on average:

Average US caloric expenditure = 176.60