Why Utah expends more calories on average: Average US caloric expenditure = 176.60Utah caloric expenditure = 195.66 (Rank 4 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ - \uparrow Σ 1. skiing+↑ 2. dancing+↑ 3. hiking+↑ 4. snowboarding+↑ 5. swimming+↑ 6. sledding+ \uparrow 7. biking+↑ Activity rank 9. rock climbing+↑ 14. ice skating+↑ 16. golfing+↑ 17. walking+↑ 19. using treadmill+↑ ¹22. running+↑ 24. mowing grass+↑ 26. cleaning+↑ 29. dancing modern+↑ 30. Irish dancing+↑ 32. bowling+↑ 34. mountain biking+↑ 39. wakeboarding+↑ 40. playing active video...+↑ 44. interpretive dancing+↑ 45. fishing+↑ -2 Per activity phrase caloric expenditure shift