## $\Sigma + \downarrow$ $\Sigma + \uparrow$ $\sum -\downarrow$ Σ-↑ Σ 17. reading-↑ 26. watching tv/movies-↑ 36. boating-↑ 47. writing-↑ 57. meditating-↑ 80. standing-↑ 91. typing-↑ Activity rank 103. shaving-↑ 105. bird watching-↑ 107. knitting-↑ 111. walking leisurely-↑ 118. sitting on a toilet-↑ 142. drawing-↑ 162. arts and crafts-↑ 189. washing dishes-↑ Per activity phrase caloric expenditure shift

Why California expends more calories on average:

California caloric expenditure = 185.06 (Rank 10 out of 49)

Average US caloric expenditure = 176.60