Σ 1. running+ \downarrow 2. dancing+↓ 4. walking+↓ 7. biking+↓ 8. ice skating+↓ 10. using treadmill+↓ 13. hiking+↓ Activity rank 14. skiing+ 18. sledding+↓ 21. snowboarding+ 22. boxing+↓ 28. cleaning vehicles+↓ \| 29. mountain biking+↓ ∥ 30. mowing grass+ $\downarrow \parallel$ 35. rock climbing+↓ 36. shopping+↓ 39. skateboarding+↓ 41. weight lifting+↓ 43. doing yoga+↓ 44. climbing stairs+↓ 46. shoveling+ \downarrow 47. roller skating+↓ 48. jogging $+\downarrow$ -2 - 1 01 Per activity phrase caloric expenditure shift

Why Alabama expends fewer calories on average:

 $\Sigma + \uparrow$

Alabama caloric expenditure = 168.05 (Rank 44 out of 49)

Σ-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$