

53. reading-↓

123. sitting-↓

|161. ironing-↓ |163. parasailing-↓ |168. drawing-↓

|90. playing games-↓ |93. watching child-↓ |99. wrapping presents-↓ |108. snuggling or petting...-↓

134. getting my hair and...-↓

Why Virginia expends fewer calories on average:

Average US caloric expenditure = 176.60

Activity rank

| 176. knitting-\| | 181. watching sports in p...-\| | 194. feeding family-\| | 194. feeding family-\| | 1.00.5.0.5.0

Per activity phrase caloric expenditure shift