Σ $\blacksquare 6. \text{ eating-} \downarrow$ 11. talking on phone-\ 13. laying down-14. getting my hair done-↓ 15. showering-↓ 18. getting my nails done-22. sitting-1 Activity rank 33. attending church-↓ 83. watching tv or movie...-102. washing dishes-1 109. meditating-↓ 112. sitting and listening-↓ 133. getting my hair and...-↓ 136. taking medicine-↓ 151. parasailing-↓ 154. bird watching-178. playing video games-1 181. pumping gas-↓ 182. feeding family-↓ 195. watching sports in p...-↓ 198. arts and crafts-1 Per activity phrase caloric expenditure shift

Why Oregon expends more calories on average:

 $\Sigma + \uparrow$

Oregon caloric expenditure = 189.76 (Rank 6 out of 49)

 $\Sigma + \downarrow$

Average US caloric expenditure = 176.60