Average US caloric expenditure = 176.60Idaho caloric expenditure = 181.68 (Rank 19 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ -1 Σ - \downarrow Σ 1. eating-↓ ■10. talking on phone-↓ \square 20. getting my nails done- \rfloor ■21. playing video games-↓ ■24. getting my hair done-↓ 26. showering-↓ Activity rank $170. \text{ typing-} \downarrow$ 80. meditating-↓ 85. standing-↓ 90. washing dishes-1 93. knitting-↓ 94. attending a family r...-↓ 97. walking leisurely-↓ 107. attending church-↓ 142. getting my hair and...-↓ 145. taking medicine-↓ 149. ironing-↓ 154. arts and crafts-1 161. parasailing-↓ 1164. pumping gas-↓ 165. bird watching-↓ 190. playing video games-Per activity phrase caloric expenditure shift

Why Idaho expends more calories on average: