Why Vermont expends more calories on average: Average US caloric expenditure = 176.60Vermont caloric expenditure = 203.22 (Rank 3 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \downarrow Σ 1. skiing+↑ |2. running+↑ 3. snowboarding+↑ 4. hiking+↑ 5. dancing+↓ 6. sledding+↑ 7. eating-↓ Activity rank ■8. watching tv/movies-↓ 9. cooking+↓ 10. cleaning+ \downarrow 11. using treadmill+↓□ 12. walking+↑ 13. biking+↑ 14. picking fruit+↑ 15. rock climbing+↑ 16. getting my hair done-↓ 17. getting my nails done-18. doing laundry+↓ 19. talking on phone-↓ 20. writing-↑ 21. playing basketball+↓ 22. shoveling+↑ 23. playing football+ \downarrow 10 -10 -5 Per activity phrase caloric expenditure shift