```
Average US caloric expenditure = 176.60
Mississippi caloric expenditure = 161.26 (Rank 49 out of 49)
    \Sigma + \downarrow
                                            \Sigma + \uparrow
                         ∑-↑
         Σ
                 1. running+↓
                     2. dancing+↓
                        3. eating-↑
                                       4. cooking+↑
                                      ■ 5. watching tv/movies-↓
                  6. laying down-↑
                      7. walking+↓
Activity rank
                        8. biking+
                   9. ice skating+↓
             10. using treadmill+↓□
                   11. swimming+↓□
                       12. hiking+↓
             13. attending church-↑
             14. talking on phone-↑
                        15. sitting-↑
        16. getting my hair done-↑
                       17. boxing+\downarrow \parallel
                      18. bowling+\downarrow \parallel
                                      19. playing football+↑
                       20. golfing+↓
                     21. sledding+\downarrow
                                      22. getting my nails done-
                                      23. cleaning+↑
                                -4-2024
      Per activity phrase caloric expenditure shift
```

Why Mississippi expends fewer calories on average: