```
Why North Carolina expends fewer calories on aver-
Average US caloric expenditure = 176.60
North Carolina caloric expenditure = 172.59 (Rank 39 out of 49)
    \Sigma + \downarrow
                                            \Sigma + \uparrow
                        Σ-↑
             Σ
                1. running+↓
                                           2. watching tv/movies-1
                 3. dancing+\downarrow
                                         4. cooking+↑
                   5. walking+↓
                      6. eating-↑
                 7. swimming+\downarrow
Activity rank
                     8. biking+↓
            9. using treadmill+1
                10. ice skating+↓
                    11. jogging+↓
           12. talking on phone-↑
       13. getting my hair done-↑□
           14. attending church-↑
                     15. boxing+\downarrow
                                     ■16. reading-↓
                  17. showering-↑
                   18. sledding+\downarrow \square
                19. laying down-↑
                      20. sitting-↑
                     21. golfing+↓
           22. cleaning vehicles+↓ □
                                    -0.5 0.0 0.5
      Per activity phrase caloric expenditure shift
```