11. laying down-↑ 16. playing video games-↑ 24. getting my nails done-↑ Activity rank 48. attending church-↑ 73. online shopping-↑ 88. washing dishes-↑ 100. sitting on a toilet-↑ 102. brushing my teeth-↑ 115. taking medicine-↑ 120. watching tv or movie...-↑ 130. crocheting-↑ 175. watching sports in p...-↑ 189. standing-↑ Per activity phrase caloric expenditure shift

Why Maryland expends fewer calories on average:

∑+↑ | Σ-↓

Maryland caloric expenditure = 167.85 (Rank 45 out of 49)

5. eating-↑

9. showering-↑

Σ-↑

6. talking on phone-↑
8. getting my hair done-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$

Σ