Why Arizona expends more calories on average: Average US caloric expenditure = 176.60Arizona caloric expenditure = 181.96 (Rank 18 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ 12. talking on phone-↓ 14. sitting-↓ 15. eating- \downarrow 19. getting my hair done-↓ 22. attending church-↓ 23. showering-↓ 28. boating-↓ Activity rank \$\|30.\$ laying down-↓ 50. typing-↓ 54. playing games-↓ 55. watching tv or movie...-56. online shopping-↓ 183. wrapping presents-↓ 1117. getting my hair and...-↓ 120. attending a family $r...-\downarrow$ 124. ironing-↓ 133. watching child-↓ 142. sitting and listening-145. parasailing-↓ 155. taking medicine-↓ 1156. washing dishes-↓ 175. playing guitar-↓ 182. snuggling or petting. Per activity phrase caloric expenditure shift