Why DC expends fewer calories on average: Average US caloric expenditure = 176.60 DC caloric expenditure = 175.87 (Rank 29 out of 49) $\Sigma + \downarrow \qquad \qquad \Sigma - \uparrow \qquad \qquad \Sigma - \downarrow$

```
1. dancing+↑
                                          2. watching tv/movies-1
                 3. running+↓
                                          4. walking+↑
                      5. eating-↑
                6. swimming+↓
                   7. cleaning+↓
Activity rank
                                      8. cooking+↑
           9. cleaning vehicles+↓
        10. playing basketball+↓
                                     11. hiking+↑
                      12. sitting-↑
                    13. standing-↑
                                     14. ice skating+↑
                    15. bowling+\downarrow
                     16. golfing+↓
                                    17. playing football+↑
                      18. skiing+↓
                                    ■19. playing video games-↓
                    20. sledding+1
                                    <sup>1</sup>21. biking+↑
                     22. fishing+↓
```

| 23. doing bikram yoga+↑
| 23. doing bikram yoga+↑
| 1 0 1
| Per activity phrase caloric expenditure shift