Average US caloric expenditure = 176.60Minnesota caloric expenditure = 188.65 (Rank 8 out of 49) $\Sigma + \downarrow |$ $\Sigma + \uparrow$ Σ - \downarrow Σ 1. running+↑ ■2. eating-↓ 3. biking+ \uparrow 4. cooking+↓ 5. sledding+↑ 6. bowling+ \uparrow 7. watching tv/movies-↑ Activity rank 8. dancing+1 9. using treadmill+ 10. walking+↑ 11. sitting-↑ 12. fishing+↑ 13. snowboarding+↑ 14. mowing grass+↑ 15. talking on phone-↓ 16. laying down-↓ 17. skiing+↑ 18. showering-19. golfing+↑ 20. hiking $+\downarrow \parallel$ 21. deer hunting+↑ ■22. getting my nails done-↓ 23. playing basketball+ \uparrow -4-2024 Per activity phrase caloric expenditure shift

Why Minnesota expends more calories on average: