$\Sigma + \downarrow$ $\Sigma + \uparrow$ ∑-↑ Σ - \downarrow 1. dancing+↓ 2. eating-↓ 3. sledding+↑ 4. running+↑ 5. sitting-↑ 6. watching tv/movies-↑ 7. hiking+ \downarrow Activity rank 8. laying down-↑ 9. swimming+↑ 10. $cooking+\downarrow$ 11. using treadmill+↓ 12. golfing+↑ ■13. getting my nails done-↓ 14. biking+↓ 15. ice skating+↑ 16. skiing+↓ 17. snowboarding+ $\downarrow \downarrow$ 18. playing basketball+↑ 19. boxing+ \downarrow 20. playing video games-↑ ¹21. bowling+↑ 22. rock climbing+ 23. mowing grass+↑ -1.90.50.00.51.0Per activity phrase caloric expenditure shift

Why Ohio expends fewer calories on average:

Ohio caloric expenditure = 175.27 (Rank 32 out of 49)

Average US caloric expenditure = 176.60