Why Washington expends more calories on average Average US caloric expenditure = 176.60Washington caloric expenditure = 184.72 (Rank 13 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ $\sum -\downarrow$ Σ 6. watching tv/movies-↑ 13. boating-↑ 15. reading-↑ 31. standing-↑ 38. getting my nails done-↑ 46. typing-↑ 48. sitting-↑ Activity rank 58. writing-↑ 61. playing video games-↑ 63. knitting-↑ 74. playing games-↑ 84. crocheting-↑ 96. meditating-↑ 98. watching child-↑ 107. bird watching-↑ 113. walking leisurely-↑ 114. wrapping presents-↑ 125. snuggling or petting...-↑ 136. brushing my teeth-↑ 146. arts and crafts-↑ 149. drawing-↑ 161. breastfeeding-↑ 176. getting nails dones-↑ -2-1012 Per activity phrase caloric expenditure shift