```
Average US caloric expenditure = 176.60
West Virginia caloric expenditure = 171.79 (Rank 41 out of 49)
     \Sigma + \downarrow
                                                     \Sigma + \uparrow
                     Σ-↑
                 Σ
                   1. running+\downarrow
        2. watching tv/movies-↑
                                        3. eating-↓
                      4. dancing+\downarrow \square
                      5. cooking+\downarrow
                         6. sitting-↑
          7. playing video games-↑
Activity rank
                   8. laying down-↑
                                      9. fishing+↑
                  10. ice skating+\downarrow \bot
                                      11. golfing+↑
                                      12. cleaning+↑
                                      13. playing basketball+↑
                       14. biking+↓
            15. cleaning vehicles+
              16. using treadmill+↓
                                      17. ultimate frisbee+↑
                       18. boxing+↓
                                      19. getting my nails done-↓
                                      20. skiing+↑
                                      21. walking a pet+\uparrow
                                      ■22. getting my hair done-↓
                                       23. snowboarding+↑
                                 -2-1012
      Per activity phrase caloric expenditure shift
```

Why West Virginia expends fewer calories on average