Σ \square 7. eating- \bot 16. reading-1 $20. \text{ standing-} \downarrow$ 28. getting my nails done-36. writing-↓ 58. online shopping-↓ 71. typing-↓ Activity rank 88. meditating-1 101. boating-↓ 113. knitting-↓ 126. parasailing-127. sitting on a toilet-↓ 130. playing games-\ 131. attending church-↓ 132. bird watching-↓ 138. washing dishes-1 161. walking leisurely-↓

Per activity phrase caloric expenditure shift

Why Michigan expends fewer calories on average:

 $\Sigma + \uparrow$

 Σ - \downarrow

Michigan caloric expenditure = 171.49 (Rank 42 out of 49)

Σ-↑

Average US caloric expenditure = 176.60

 $\Sigma + \downarrow$