

A 16-year partnership between Elevance Health Foundation and the American College of Sports Medicine, (ACSM)

2023 ACSM American Fitness Index[®] at a Glance



100 largest U.S. cities ranked



34 indicators quantified



**No. 1 City:
Arlington, VA**



**Most-Improved City:
Riverside, CA**

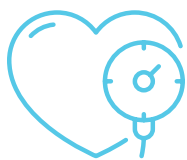
Top 10 Fittest Cities

	City	Personal Health Rank	Community/ Environment Rank
1	Arlington, VA	1	1
2	Washington, DC	7	3
3	Seattle, WA	3	12
4	Minneapolis, MN	9	5
5	Irvine, CA	2	22
6	Madison, WI	6	24
7	San Francisco, CA	11	13
8	St. Paul, MN	20	4
9	Denver, CO	8	35
10	Oakland, CA	13	31

See the other 90 rankings.

KEY 2023 TAKEAWAY

Chronic disease presents a significant challenge in the United States, and promoting physical activity is an important way to address it. Chronic disease can also lead to anxiety and depression, and a growing number of Americans are dealing with poor mental health.



ON AVERAGE, IN THE 100 LARGEST U.S. CITIES:

- **31%** of adults have obesity
- **30%** have high blood pressure
- **11%** have diabetes



PHYSICAL ACTIVITY COULD PREVENT:

- **1 in 10** premature deaths
- **1 in 15** cases of heart disease
- **1 in 12** cases of diabetes

How Does *Your Community* Compare?

Use the [City Comparison Tool](#) to view the rankings, scores and data, and to see where your city stacks up in terms of fitness. You can also learn more about what your city can do to help residents lead a healthy, active lifestyle.