TOP TEN FITTEST METROPOLITAN AREAS

1. Washington, DC
2. Minneapolis, MN
3. San Diego, CA
4. San Francisco, CA
5. Sacramento, CA
6. Denver, CO
7. Portland, OR
8. Seattle, WA
9. Boston, MA
10. San Jose, CA

The MSA with the highest percent of residents using public transportation or walking or biking to work is New York, NY!

33% of Portland residents are meeting CDC recommended aerobic exercise guidelines.
25% of Sacramento residents are meeting both aerobic and exercise strengthening guidelines.

CDC GUIDELINES

- 150 minutes of moderate-intensity aerobic activity every week
- Muscle-strengthening activities on 2 or more days a week that work all major muscle groups

98% of San Franciscans live within a 10 minute walk to a park!

36% of San Diego residents are eating the recommended amount of fruit daily.

For the second year in a row, New Orleans is the greenest city with 26% parkland.

To view the full report, visit: www.americanfitnessindex.org

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