

2016

ACSM AMERICAN FITNESS INDEX[®]

ACTIVELY MOVING AMERICA TO BETTER HEALTH

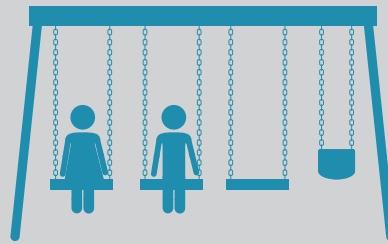
TOP TEN FITTEST METROPOLITAN AREAS

- 1 Washington, DC
- 2 Minneapolis, MN
- 3 Denver, CO
- 4 Portland, OR
- 5 San Francisco, CA
- 6 Seattle, WA
- 7 Boston, MA
- 8 Salt Lake City, UT
- 9 Hartford, CT
- 10 San Diego, CA

Across all 50 MSAs

11.8%

more individuals reported being physically active in the last 30 days.



Across the 50 MSAs there was a

5.2% INCREASE

in the total park expenditures per resident.

6.9%

of San Francisco residents bike or walk to work.



Salt Lake City is the most heart healthy. Only

2.4%

of the population has angina or coronary heart disease.



Denver, CO has the highest score for personal health indicators.

82.7

Cincinnati, OH has the highest score for community/environmental indicators.

79.7



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

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