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.

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

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

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