2018 TOP TEN Fittest Cities

1. Arlington, VA
2. Minneapolis, MN
3. Washington, D.C.
4. Madison, WI
5. Portland, OR
6. Seattle, WA
7. Denver, CO
8. St. Paul, MN
9. San Jose, CA
10. Boise, ID

ACSM and CDC Recommendations

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

- **65.7%** of residents are located within a 10-minute walk to a park
- **7.2%** of residents used public transportation to get to work

*100 city averages

To view the full rankings, visit www.americanfitnessindex.org