

# 2021 TOP 10 FITTEST CITIES

**1** ARLINGTON  
VIRGINIA

**2** MINNEAPOLIS  
MINNESOTA

**3** SEATTLE  
WASHINGTON

**4** DENVER  
COLORADO

**5** MADISON  
WISCONSIN

WASHINGTON  
DC

**6**

ST. PAUL  
MINNESOTA

**7**

IRVINE  
CALIFORNIA

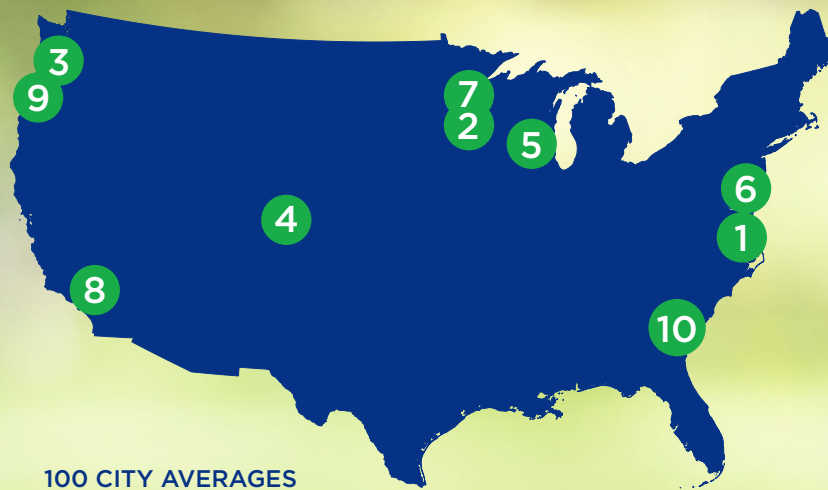
**8**

PORTLAND  
OREGON

**9**

ATLANTA  
GEORGIA

**10**



100 CITY AVERAGES



of adults reported any  
physical activity in the  
previous month



of adults met the  
aerobic & strength  
activity guidelines



of adults  
slept 7+ hours  
per day



of residents  
experienced  
food insecurity

#### ACSM & CDC RECOMMENDATIONS:

150 minutes of moderate intensity aerobic activity every week, about 22 minutes per day  
2x per week muscle-strengthening activities working all major muscle groups