2021 TOP 10 FITTEST CITIES

1. Arlington, Virginia
2. Minneapolis, Minnesota
3. Seattle, Washington
4. Denver, Colorado
5. Madison, Wisconsin
6. Washington DC
7. St. Paul, Minnesota
8. Irvine, California
9. Portland, Oregon
10. Atlanta, Georgia

100 CITY AVERAGES

- 76% of adults reported any physical activity in the previous month
- >24% of adults met the aerobic & strength activity guidelines
- 65% of adults slept 7+ hours per day
- 12% 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