2022 TOP 10 FITTEST CITIES

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

- 78% of adults reported any physical activity in the previous month
- 68% of adults slept 7+ hours per day
- 40% of adults reported poor mental health
- 56% of adults reported very good or excellent health

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