

2022 TOP 10 FITTEST CITIES

1 ARLINGTON
VIRGINIA

2 MADISON
WISCONSIN

3 MINNEAPOLIS
MINNESOTA

4 WASHINGTON
DC

5 SEATTLE
WASHINGTON

IRVINE
CALIFORNIA

6

PORTLAND
OREGON

7

ST. PAUL
MINNESOTA

8

DENVER
COLORADO

9

CHICAGO
ILLINOIS

10



of adults reported any physical activity in the previous month



of adults slept 7+ hours per day



of adults reported poor mental health



of adults reported very good or excellent health