

2016

ACSM AMERICAN
FITNESS INDEX[®]

DENVER, CO

RANK = 3

ONLY
20.8%
of residents are obese



4.5% of residents are using **public transportation** to work



84.1%

of residents participated
in **physical activity** or **exercise**
in the last 30 days



2.9%

of residents bike or walk
to work



83.6%

of residents are within a **10** minute
walk to a park



MORE dog
parks per
capita

www.americanfitnessindex.org

Anthem[®] BlueCross BlueShield[®]  

Anthem Blue Cross and Blue Shield Foundation