



**ACSM**  
**American**  
**Fitness Index<sup>®</sup>**

*Actively Moving America to Better Health*

# 2018 TOP TEN Fittest Cities



**77.5%**

of adults reported any physical activity last month



**4.6%**

of residents walked or biked to work

- 1 Arlington, VA
- 2 Minneapolis, MN
- 3 Washington, D.C.
- 4 Madison, WI
- 5 Portland, OR
- 6 Seattle, WA
- 7 Denver, CO
- 8 St. Paul, MN
- 9 San Jose, CA
- 10 Boise, ID

## ACSM and CDC Recommendations



**150 minutes**

of moderate-intensity aerobic activity every week

**2X per week**

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



**65.7%**

of residents are located within a 10-minute walk to a park



**7.2%**

of residents used public transportation to get to work

\*100 city averages

To view the full rankings, visit [www.americanfitnessindex.org](http://www.americanfitnessindex.org)

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 Foundation



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#100FitCities

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