

2015 ACSM AMERICAN FITNESS INDEX[®]

ACTIVELY MOVING AMERICA TO BETTER HEALTH

TOP TEN FITTEST METROPOLITAN AREAS

- 1 Washington, DC
- 2 Minneapolis, MN
- 3 San Diego, CA
- 4 San Francisco, CA
- 5 Sacramento, CA
- 6 Denver, CO
- 7 Portland, OR
- 8 Boston, MA
- 9 Seattle, WA
- 10 Hartford, CT

The MSA with the highest percent of residents using public transportation or walking or biking to work is **New York, NY!**



33%

of **Portland** residents are meeting CDC recommended aerobic exercise guidelines.



25%

of **Sacramento** residents are meeting both aerobic and exercise strengthening guidelines.

CDC GUIDELINES

150 minutes of moderate-intensity aerobic activity every week



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



98%

of **San Franciscans** live within a 10 minute walk to a park!



To view the full report, visit: www.americanfitnessindex.org

Funded by the Anthem Foundation

The Anthem Foundation has granted nearly one million dollars for AFI data research and technical assistance to communities since 2006.

Anthem[®]
Foundation