



**100** largest U.S. cities ranked



**34** indicators quantified



**No. 1 City:**  
Arlington, VA

## Top 10 Fittest Cities

1	Arlington, VA	1	1
2	Washington, DC	7	3
3	Seattle, WA	3	12
4	Minneapolis, MN	9	5
5	Irvine, CA	2	22
6	Madison, WI	6	24
7	San Francisco, CA	11	13
8	St. Paul, MN	20	4
9	Denver, CO	8	35
10	Oakland, CA	13	31

See the other 90 rankings.

### ON AVERAGE, IN THE 100 LARGEST U.S. CITIES:

- **31%** of adults have obesity
- **30%** have high blood pressure
- **11%** have diabetes

