



AMERICAN FITNESS INDEX®

2024 Data in Action: Calling for Change in America's 100 Largest Cities

The ACSM American Fitness Index measures how well the 100 largest U.S. cities support healthy, active lifestyles. The rankings for 2024 are listed below.

Top 10 Fittest Cities

- 1 **Arlington, VA**
- 2 **Washington, DC**
- 3 **Seattle, WA**
- 4 **San Francisco, CA**
- 5 **Madison, WI**
- 6 **Minneapolis, MN**
- 7 **Denver, CO**
- 8 **Atlanta, GA**
- 9 **Irvine, CA**
- 10 **St. Paul, MN**

Key Areas

- Community Design for Physical Activity & Active Transportation
- Healthy Food Access Initiatives
- Community Mental Health Services



How to **Make a Difference**

The Fitness Index provides residents and community leaders with the tools they need to improve the lives and well-being of their neighbors and constituents.

Get involved: Visit the 2024 Summary Report to see where your city stands, and what you can do to achieve new heights acsm.org/fitnessindex.

