



AMERICAN FITNESS INDEX[®]



2026 ACSM American Fitness Index[®] Calling for Change in America's 100 Largest Cities

The ACSM American Fitness Index[®] charts the health and activity levels of the 100 biggest cities in the U.S. using measurable categories called fitness indicators drawn from sources like the CDC and U.S. Census Bureau.

Top 10 Cities

Overall Rank	City	Personal Health Rank	Community Environment Rank
1	Arlington, VA	1	3
2	Washington, D.C.	3	1
3	Minneapolis, MN	7	2
4	Seattle, WA	2	17
5	Denver, CO	8	7
6	San Francisco, CA	13	9
7	Irvine, CA	14	13
8	Atlanta, GA	12	19
9	Madison, WI	15	16
10	Boston, MA	16	14

Staying Active with Asthma

Physical activity can improve health and quality of life for people with asthma, but factors like air quality influence when and where residents can be active safely.



10% of adults reported having asthma



30.5% of adults met both aerobic and strength activity guidelines



186 days per year with good air quality across cities

*100 city averages

Make a Difference

ACSM strives to extend and enrich lives through the power of movement, and we need your help to do it. Cities can help residents stay active by improving air quality and expanding safe, accessible places to move. Supporting walking, biking, public transit, and indoor activity options creates healthier environments for everyone, including people living with asthma.

See Where Your City Stands

