



AMERICAN FITNESS INDEX[®]



2025 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	1
2	Washington, DC	5	4
3	Seattle, WA	3	9
4	San Francisco, CA	2	19
5	Denver, CO	7	7
6	Minneapolis, MN	11.5	2
7	Madison, WI	9	10
8	Atlanta, GA	13	12
9	Sacramento, CA	10	30
10	San Diego, CA	4	51

New Indicators for 2025

The Fitness Index added trail miles and splashpads to its indicator roster and, given their rise in popularity, expanded the tennis courts indicator to include pickleball and dual-use courts.



No.1 in Trail Miles:
Washington, DC



No. 1 in Splashpads:
Boston, MA



No. 1 in Tennis/Pickleball Courts: Richmond, VA

Make a Difference

The Fitness Index provides resources that residents and city leaders can use to make their hometowns a healthier place to live. ACSM strives to extend and enrich lives through the power of movement, and we need your help to do it.

See Where Your City Stands



Élevance
Health | Foundation