

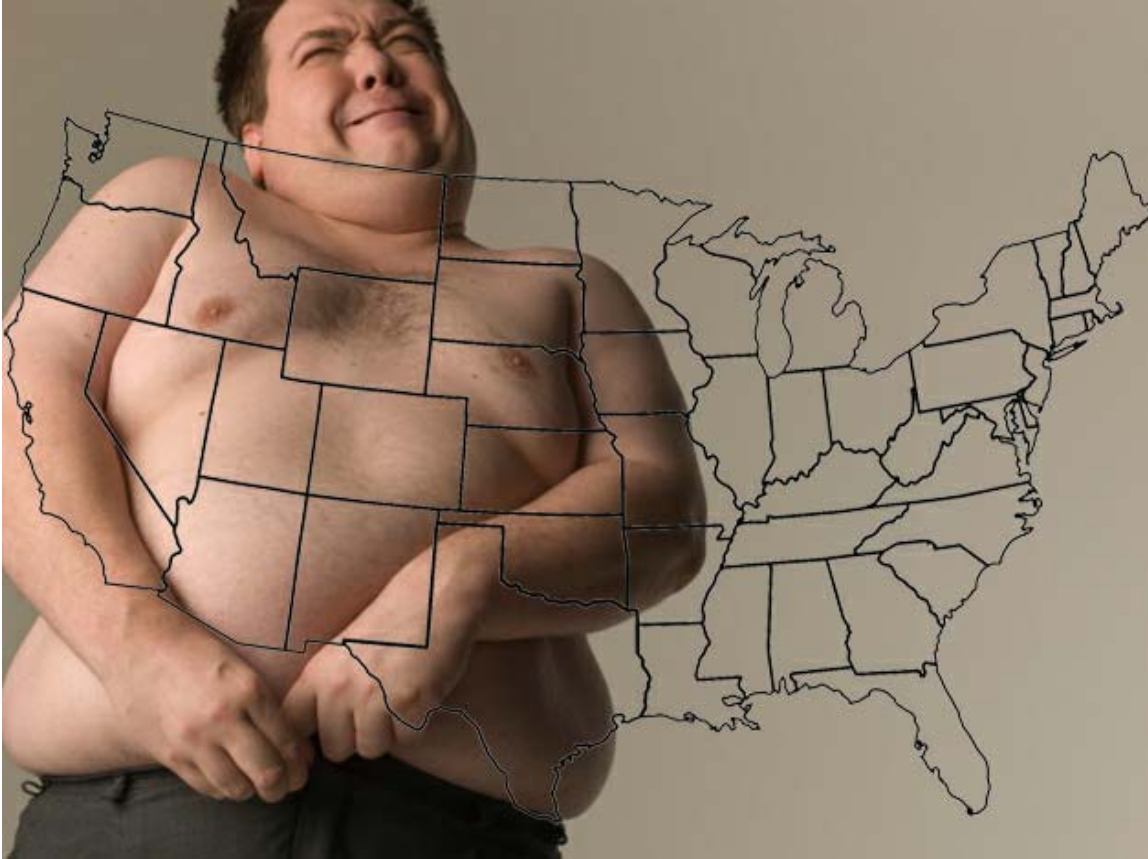
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Men's Fitness®

The Fittest and Fattest Cities in America

A geographical breakdown on where you can find the super fit and the super fat.

Nate Millado, Research by Sara Vigneri



Are people giving up on staying fit? It's been three years since we last rounded up America's fittest and fattest cities, and obesity rates have worsened in that time span at an alarming rate. We're not sure whether there's a correlation with our current economic woes, but 33.8% of American adults are now obese.

In fact, the last time we tried this, fewer than six states had an obesity rate above 30%. That number is now up to 12. We think there's hope, though. The fitness industry is booming, at least when it comes to innovation, and enrollment in user-friendly programs like CrossFit and P90X have increased exponentially so far this decade. There's still work to be done, however.

Fattest City: Houston

We'll spare you the predictable Texas-size jokes, but one thing Houston seems to maintain—and expand yearly—is the circumference of its collective paunch. Fine, we threw one in anyway, but it couldn't be helped, because, according to the CDC, a whopping 34% of Houston residents are overweight. In previous surveys we'd claimed Houston was on the upswing in the weight-loss department, but there's evidently been a bit of a regression since we last checked in.

It could be the heat. Houston typically suffers through a hundred or more days each year with temperatures in excess of 90°, combined with relative humidity that rivals Manila's. The city's average commute—27.5 minutes, primarily by car since Houston lacks a comprehensive mass-transit system—also plays a major role in keeping Houstonians seated and sedentary.

"It's just not a place that's conducive to getting out and doing stuff," says longtime resident Kent Martin, a competitive runner and MMA coach, "and that's because of the humidity. It's brutal here in the summer."

Unhealthy Facts

The 25 Fattest Cities:

1. Houston
2. Detroit
3. Cleveland
4. Memphis
5. Tampa
6. Las Vegas
7. El Paso
8. Baltimore
9. Los Angeles
10. Louisville
11. Tulsa
12. Miami
13. Indianapolis
14. Philadelphia
15. Arlington
16. Columbus
17. Charlotte
18. Phoenix
19. New Orleans
20. Atlanta
21. Raleigh
22. Kansas City
23. St. Louis

City with the Most Fast-Food Joints: Houston (1,034)
Everything's bigger in Texas, and drive-thrus may be to blame. (City with few est: Boston)

Biggest Buttheads: 24.3% of Tulsans in Oklahoma are smokers (but only 8% of San Jose residents light up).

Pains, Trains, & Automobiles: Big-city commuters spend the most time getting to and from work.

City that has the Shortest Commute Time: Wichita 17.9 minutes Tulsa (18.3) Omaha (18.6).

And the longest: New York 39.1 minutes, Chicago (33.8) Philadelphia (31.8)

The most sex: Los Angeles (9) 135 times a year, according to Trojan.

Bottoms Up: The heaviest drinkers live in San Antonio 8.2% have at least two drinks per day.

Most Overweight Cities (Percentage of residents that are overweight):

- Phoenix (41.1)
- El Paso (41.1)
- Cleveland (40.9)
- San Jose (39.1)
- Baltimore (38.4)

Most Obese Cities (Percentage of residents that are obese):

- Memphis (35.8)
- Arlington (35.3)
- Dallas (33.8)
- Detroit (33.1)
- New Orleans (32.6)

- 24. Chicago
- 25. Dallas



Fittest City: Portland

Portlandia is all about friendship. It's a friendly place: fitness-friendly, walk-friendly, diet-friendly, and friendly to everything else that entails getting outside and moving around. It's especially friendly to cyclists. A perennial favorite on lists of America's top cycling cities, Portland is the only burg on our lists to earn a platinum distinction from the League of American Cyclists.

In fact, 6.1% of all male residents ride their bikes to work, by far the highest ratio of any U.S. city. Portland isn't just about cycling, though: 54.7% of adults in the Rose City perform at least 30 minutes of moderate physical activity five or more days per week. Temperatures rarely sink below freezing in winter months, and air quality and ozone levels are nearly perfect. Portlanders simply don't like staying inside. Would you?

As the top-ranked locale in our Healthy City index, it makes sense that, according to the CDC, 40.3% of Portland residents weigh in within healthy parameters. Fresh air, fresh food, a thriving fitness culture—and easy access to world class health care—make Portland tops.

Fit Facts from the Fittest Cities:

Number of Cities with Zero High ozone days: 3 (San Francisco, Omaha, and Honolulu)

The Coldest City: Colorado springs 161—mean number of days below 32°

The most active city: San Diego — 54.5% do at least one core fitness activity (yoga, swimming, kickboxing, etc.) more than 50 times a year

Healthiest Cities (Percentage of residents with a healthy body weight): San Francisco (44.8) Oakland (44.8) Honolulu (43.9) Albuquerque (43.3) Boston (43.2)

The 25 Fittest Cities:

1. Portland
2. San Francisco
3. Albuquerque
4. Oakland
5. Boston
6. Seattle
7. Denver
8. San Diego
9. Minneapolis
10. Honolulu
11. Tucson
12. Austin
13. Colorado Springs
14. San Jose
15. Omaha

Oklahoma City made a huge turnaround after getting mentioned on our Fattest Cities list, and became our biggest [Success Story](#) [1].

In **Oakland**: More than 90% are smoke-free.

Albuquerque has 67.5 acres of Parkland per 1,000 residents

In **Austin** 31.1% of residents are cardio fanatics

Washington, D.C. is the happiest city in America, according to a Gallup survey

Boston: Bostonians spend 92% less than the national average on Fast Food, according to Bundle

Minneapolis is ranked by Sperling's Best Places as the best place for restful sleep

In **San Francisco**, 30.6% of residents eat veggies at least five times a day

16. Washington
17. Milwaukee
18. Virginia Beach
19. Sacramento
20. Jacksonville
21. New York
22. Wichita
23. [Oklahoma City](#) [1]
24. Nashville
25. San Antonio

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[1] <http://www.mensfitness.com/training/success-stories/success-story-oklahoma-city-drops-1-million-pounds>