

Best Cities for Staying Healthy



Put down that doughnut while you digest this list. Cities where residents engage in healthy lifestyles and where doctors and hospitals are plentiful do the best in this category. San Francisco benefits from a low obesity rate; Arlington, Va., from access to exercise opportunities; and Novato, Calif., from the highly regarded care that residents receive in local hospitals.

LARGE

1. San Francisco
2. San Jose, Calif.
3. Seattle
4. **Denver**
5. San Diego
6. Portland, Ore.
7. Albuquerque, N.M.
8. Charlotte, N.C.
9. Los Angeles
10. Boston

MEDIUM

- Arlington, Va.
Sunnyvale, Calif.
Costa Mesa, Calif.
Irvine, Calif.
Santa Maria, Calif.
Fullerton, Calif.
Orange, Calif.
Berkeley, Calif.
Dale City, Calif.
Santa Clara, Calif.

SMALL

- Novato, Calif.
San Rafael, Calif.
Los Altos, Calif.
Burlingame, Calif.
San Bruno, Calif.
Potomac, Md.
North Bethesda, Md.
Cupertino, Calif.
Mountain View, Calif.
San Mateo, Calif.



We have an outdoor-living atmosphere. You're not confined part of the year indoors." —Winnifred Comfort, aquatics director at a fitness center in Novato, Calif.