

Welcome to the ninth annual *Men's Fitness* ranking of the Fittest and Fattest Cities in America. If you've been reading this magazine for any length of time, you probably know how it works: We spend months poring over statistics on the things that make real people fit or fat, from weather patterns to junk food, from availability of public recreational facilities to TV-viewing habits. We dig through data on how much exercise people get, whether they use their gym memberships, how healthfully they eat, and how much time they spend sitting in traffic. We even quiz city park departments and mayors to learn about local exercise venues, civic leadership, and programs designed to get citizens off their couches and moving. How fit or fat is your hometown?

Top 25 Fittest	
2007 Ranking	Last year
1. Albuquerque	13
2. Seattle	8
3. Colorado Springs, Colo.	6
4. Minneapolis	21
5. Tucson, AZ	4
6. Denver	20
7. San Francisco	7
8. Baltimore	1
9. Portland, Ore.	17
10. Honolulu	2
11. Washington, D.C.	18
12. Omaha, Neb.	25
13. Tulsa, Ok.	14
14. Boston	10
15. Virginia Beach, Va.	3
16. Milwaukee	5
17. Sacramento	11
18. Louisville-Jefferson, Ky.	9
19. Columbus, Oh.	16*
20. Philadelphia	23*
21. Austin, Tx.	13
22. Nashville-Davidson	12
23. Charlotte	20*
24. Atlanta	16
25. Oakland, Ca.	19
*Ranking in the top 25 fittest cities in 2006	

Top 25 Fattest	
2007 Ranking	Last year
1. Las Vegas	2
2. San Antonio	12
3. Miami	14
4. Mesa, Ariz.	10
5. Los Angeles	3
6. Houston	5
7. Dallas	4
8. El Paso	8
9. Detroit	15
10. San Jose	24
11. Long Beach	7
12. Memphis	6
13. Chicago	1
14. Arlington, Tx.	22*
15. Oklahoma City	17
16. Indianapolis	11
17. Fort Worth	13
18. New York	25
19. Fresno, Ca.	22
20. Wichita, Ks.	19
21. San Diego	21
22. Phoenix	15*
23. Jacksonville, Fl.	24*
24. Kansas City	9
25. Cleveland	18
*Ranking in the top 25 fattest cities in 2006	