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***MEN'S FITNESS NAMES SALT LAKE CITY 'FITTEST CITY IN AMERICA'***  
**MIAMI TOPS LIST AS THE 'FATTEST CITY'**

**Annual 'Top 10 Fittest and Fattest Cities in America' List Revealed in the  
February 2009 Issue**

*On Newsstands January 19th Nationwide*

Salt Lake City, UT—For more than a decade, *Men's Fitness* magazine has conducted a national survey of the top 50 cities across the country to determine which cities take fitness and health the most seriously. This year, Salt Lake City earns the coveted distinction as the “Fittest City in America,” with Colorado Springs, Minneapolis and Denver directly following.

Miami gains the dubious honor as the “Fattest City in America,” moving up from number seven last year. It is followed by Oklahoma City, San Antonio and Las Vegas, last year’s No. 1 “Fattest City.”

Salt Lake City gained the “Fittest City” distinction due to its abundance of park space, athletically motivated residents and below-average obesity rates. The metro region ranks highest among all others in participation in a number of activities including hiking, basketball, yoga, swimming, running and kick boxing. Residents also watch 23% less television than average cities in the survey and eat better due to a higher ratio of health-food stores per resident than most metropolitan areas.

Salt Lake City Mayor Ralph Becker remarked, “Given Salt Lake City’s comfortable climate, outdoor-oriented lifestyle, increasingly walkable and bikeable city, and proximity to some of the nation’s best hiking and biking trails, as well as the incredible mountains that surround our City, it’s no wonder that those of us who live and work in Salt Lake City are motivated to participate in outdoor recreation activities which also help keep us fit.”

Miami has a high number of health food stores per capita, but it also has almost three times the fast-food restaurants as the average city. The area has 79% more gyms and health clubs than average, but residents are less likely to regularly use their memberships.

The “Fittest and Fattest Cities in America” list is determined by looking at several factors including but not exclusively accessibility of fitness centers and sport stores, nutrition levels, sports participation, TV viewing, number of overweight residents, accessibility of junk food, air quality, parks and open space, city recreational facilities, access to health care, as well as city and state obesity initiatives.

Following is the 2009 "Top 10 Fittest and Fattest Cities in America" list, which will be published in the February issue of *Men's Fitness*, on newsstands January 19th nationwide.

Top 10 Fittest Cities:

- 1) Salt Lake City (2008 Ranking: N/A)
- 2) Colorado Springs (2008 Ranking: 1)
- 3) Minneapolis (2008 Ranking: 2)
- 4) Denver (2008 Ranking: 4)
- 5) Albuquerque (2008 Ranking: 3)
- 6) Portland, Ore (2008 Ranking: 5)
- 7) Honolulu (2008 Ranking: 8)
- 8) Seattle (2008 Ranking: 7)
- 9) Omaha (2008 Ranking: 11)
- 10) Virginia Beach (2008 Ranking: 6)

Top 10 Fattest Cities

- 1) Miami (2008 Ranking: 7)
- 2) Oklahoma City (2008 Ranking: 8)
- 3) San Antonio (2008 Ranking: 3)
- 4) Las Vegas (2008 Ranking: 1)
- 5) New York City (2008 Ranking: 19)
- 6) Houston (2008 Ranking: 10)
- 7) El Paso (2008 Ranking: 5)
- 8) Jacksonville (2008 Ranking: 14)
- 9) Charlotte (2008 Ranking: 24)
- 10) Louisville, KY (2008 Ranking: 25)

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