



Prevention

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BEST (AND WORST) WALKING CITIES IN AMERICA RANKED BY PREVENTION & APMA

New This Year:

**Survey Reveals Best Cities in Each of the 50 States;
More Than 500 Cities Evaluated**

New York, N.Y.—Cambridge, MA, is the Best Walking City in America, with more residents walking to work and more parks per square mile than any other city evaluated, according to a just-released study by *Prevention* magazine and the American Podiatric Medical Association (APMA). Walking kudos also goes to New York, ranked #2, and Ann Arbor, #3. The Worst Walking Cities: Oklahoma City, North Las Vegas, and Gadsden, AL. *Prevention* and the APMA annually team up to measure the walkability of America's cities as interest in walking for fitness remains strong. Walking is the most popular form of exercise with 87.5% of Americans walking for fitness.*

New in this year's survey, more than 500 U.S. cities, including D.C., were evaluated and ranked on 14 walking criteria, including the percentage of adults who walk to work, number of parks per square mile, use of mass transit, and percentage of adults who walk for fitness. Also new this year, a Best Walking City was named in each of the 50 states from an evaluation of its 10 most populated cities. (See reverse for complete list, go to www.prevention.com/50bestcities or pick up *Prevention's* April issue, on newsstands today.)

This year's 10 best and 10 worst walking cities in the United States, according to the *Prevention/APMA* study:

10 Best U.S. Walking Cities of 2008

1. Cambridge, MA
2. New York, NY
3. Ann Arbor, MI
4. Chicago, IL
5. Washington, DC
6. San Francisco, CA
7. Honolulu, HI
8. Trenton, NJ
9. Boston, MA
10. Cincinnati, OH

10 Worst U.S. Walking Cities of 2008

1. Oklahoma City, OK
2. North Las Vegas, NV
3. Gadsden, AL
4. Davenport, IA
5. Mount Pleasant, SC
6. Enid, OK
7. Laredo, TX
8. Springdale, AR
9. Clarksville, TN
10. Lafayette, LA

To see the 100 Best Walking Cities in the nation, go to www.prevention.com/100bestcities; the 50 Best Walking Cities in each state, www.prevention.com/50bestcities; the full list of 500+ city rankings and study criteria, www.prevention.com/bestcities or www.apma.org/walking. All lists are available upon request.

* American Sporting Goods 2006

The Best Walking City in each state, according to the *Prevention/APMA* 2008 study:

State	Best Walking City	State	Best Walking City
AK	Fairbanks	NC	Charlotte
AL	Birmingham	ND*	Grand Forks*
AR	Little Rock	ND*	Wahpeton*
AZ	Tempe city	NE*	Lincoln*
CA	San Francisco	NE*	Hastings*
CO	Denver	NE*	Fremont*
CT	New Haven	NH	Portsmouth
DC	Washington, DC	NJ	Trenton
DE	Wilmington	NM	Santa Fe
FL	St. Petersburg	NV	Reno
GA	Atlanta	NY	New York
HI	Honolulu	OH	Cincinnati
IA	Des Moines	OK	Stillwater
ID*	Boise*	OR	Portland
ID*	Coeur D'Alene*	PA	Philadelphia
IL	Chicago	RI	Newport
IN	Bloomington	SC	Greenville
KS	Lawrence	SD	Vermillion
KY	Louisville	TN	Memphis
LA	Baton Rouge	TX	Austin city
MA	Cambridge	UT	St. George
MD	Silver Spring	VA	Alexandria
ME	Waterville	VT	Burlington
MI	Ann Arbor	WA	Seattle
MN	St. Paul	WI*	Appleton*
MO	Kansas City	WI*	Madison*
MS	Biloxi	WV	Morgantown
MT	Bozeman	WY	Laramie

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