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Study Reveals Top Ten Walker-Friendly Cities

Walking is one of the nation's favorite ways to exercise. A study conducted by the American Podiatric Medical Association (APMA) shows now more than ever, people living in cities are stepping up their walking regimes. That's good news. On average, every minute of walking can extend your life by about two minutes. For the third year in a row, the APMA has conducted a walking study as part of its Best Walking City Competition. This year's competition surveyed 200 of the largest U.S. incorporated cities based on three walking conducive categories: healthy lifestyles, modes of transportation to and from work and involvement in fitness and sport activities.

"Walking is one of the best exercises for your feet," says APMA President Dr. Lloyd Smith. "The Best Walking City Competition encourages Americans living in cities to get out and walk in an effort to keep their feet and bodies' fit."

Here are the top ten Best Walking Cities:

- 1. Arlington, VA:** On the cusp of the nation's capital, it may come as no surprise that 23 percent of the city's workers use public transportation to get around. Keeping on their feet may be a way of life, since 35 percent of Arlingtonians walk for exercise.
- 2. San Francisco, CA:** Getting to work by foot is not uncommon for this city by the bay, with nine percent of residents walking and two percent biking. This walking-conducive city touts that 32 percent of its residents walk for exercise and 35 percent buy athletic shoes.
- 3. Seattle, WA:** It's not too far-fetched to expect a healthy lifestyle from residents living in Seattle. A whopping 35 percent walk for exercise and 36 percent buy some type of athletic shoes.
- 4. Portland, OR:** Residents of this Northwestern city spend a good deal of time on their feet walking their dogs. Close to 22 percent are dog owners.
- 5. Boston, MA:** For many Bostonians, walking to work or using public transportation is a way of life with 45 percent of the population doing one or the other.
- 6. Washington, DC:** Getting around the nation's capital by subway or bus is preferred by 35 percent of the district's residents. And when they are not working, 11 percent are playing sports or walking for fitness.
- 7. New York City, NY:** Getting around the Big Apple is easy for New Yorkers with 51 percent of residents using public transportation and 12 percent walking to work.
- 8. Eugene, OR:** Walking is a way of life for 32 percent of residents living in this Oregon city. Whether it's walking the dog or pushing a stroller, twenty-two percent are dog owners and eight percent own baby strollers.



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9. Jersey City, NJ: Public transportation or walking is how 47 of the people who work in this gritty town get around. And when they are not working, 12 percent of the residents play sports or exercise once a week.

10. Denver, CO: This versatile city lends itself to those in search of an active lifestyle. Eleven percent of residents walk for fitness or exercise and 12 percent play sports or exercise once a week.

For a complete list of all 200 cities and the criteria used in the APMA's 2005 Best Walking City Competition, please go to [APMA's Website](#).

Source: www.apma.org

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