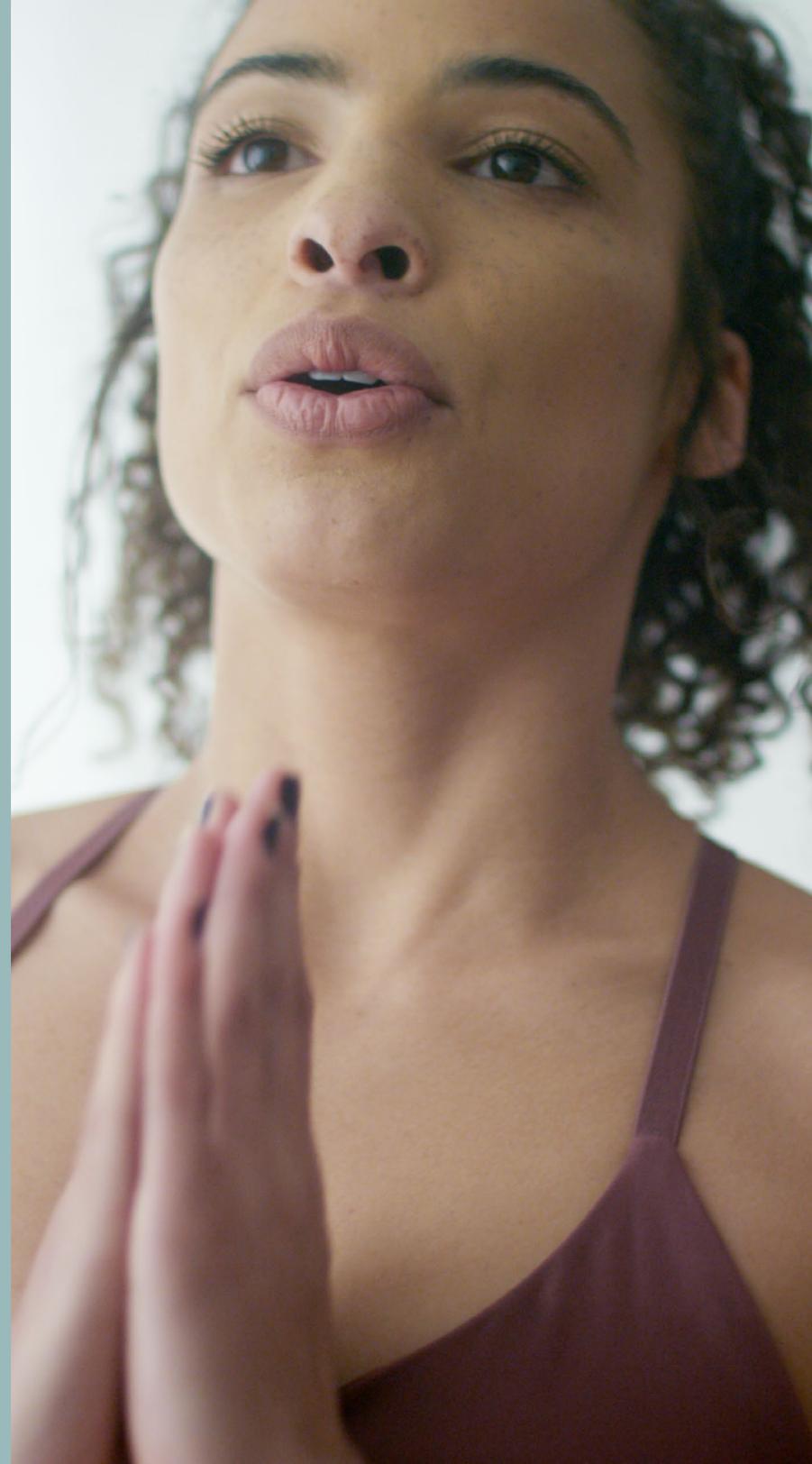




# Healthiest Cities in America

2020 MINDBODY  
Wellness Index





## A letter from us

Being healthy means achieving a complete state of physical, mental, and social well-being—and it takes wellness to get there.<sup>1</sup>

“Wellness” isn’t a box to check or destination to reach. It’s an ongoing journey toward a healthier mind and body. With choices, goals, drive.<sup>2</sup> And the path is different for everyone.

In this report, we asked more than 20,000 Americans from major US cities about their wellness and pursuit of health. What they’re up to, what they love, what they wish they could change. Which cities are most dedicated to wellness and the healthiest in America? Who’s the most satisfied? What’s holding people back? We even measured success factors for wellness businesses like spas, fitness studios and gyms, salons, and integrative health businesses. We’ll go into all that and more.

**Let’s make the world a healthier and happier place.  
Together.**

**Love, MINDBODY**

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# 01

## Defining wellness

And how to measure it.

# Wellness is about more than being fit

Wellness is multidimensional and hits many areas, including: physical, emotional, intellectual, spiritual, environmental, social, and occupational.

[Learn more >](#)



# And it goes **beyond** staying healthy

When you work out at your local yoga studio, you're part of a community. A massage at the spa helps you forget your worries. And a hair appointment is never just about the cut—it's also a chance to catch up with your stylist (and maybe even vent a little).

Wellness businesses bring people together to lead healthier, happier lives.

# How to measure wellness

The MINDBODY Wellness Index ranks the healthiest cities in America.

We first looked at the 50 most populated cities. How often they get wellness services, their health factors—like physical activity, BMI, alcohol consumption, connection to community, healthy eating, and spiritual wellness—and wellness business success. Then, we plugged those numbers into our algorithm to get each city's score—ranging from zero to 100. The higher the score, the healthier the city.

[Learn more about our methodology >](#)

# Takeaway #1

Wellness is the active, ongoing pursuit of health—across multiple dimensions.



# America's healthiest cities

Where does yours rank?

# America's healthiest cities

01	MIAMI, FL	18	SAN DIEGO, CA	35	ALBUQUERQUE, NM
02	ATLANTA, GA	19	NEW ORLEANS, LA	36	FORT WORTH, TX
03	SAN FRANCISCO, CA	20	COLUMBUS, OH	37	FRESNO, CA
04	DENVER, CO	21	PORTLAND, OR	38	HOUSTON, TX
05	AUSTIN, TX	22	EL PASO, TX	39	MILWAUKEE, WI
06	SEATTLE, WA	23	CHICAGO, IL	40	NEW YORK, NY
07	WASHINGTON, DC	24	COLORADO SPRINGS, CO	41	PHOENIX, AZ
08	TAMPA, FL	25	BALTIMORE, MD	42	MEMPHIS, TN
09	MINNEAPOLIS, MN	26	NASHVILLE, TN	43	JACKSONVILLE, FL
10	RALEIGH, NC	27	LOS ANGELES, CA	44	SAN JOSE, CA
11	BOSTON, MA	28	LONG BEACH, CA	45	INDIANAPOLIS, IN
12	CHARLOTTE, NC	29	TUCSON, AZ	46	SAN ANTONIO, TX
13	KANSAS CITY, MO	30	VIRGINIA BEACH, VA	47	PHILADELPHIA, PA
14	OAKLAND, CA	31	DALLAS, TX	48	MESA, AZ
15	OMAHA, NE	32	TULSA, OK	49	DETROIT, MI
16	SACRAMENTO, CA	33	LOUISVILLE, KY	50	OKLAHOMA CITY, OK
17	ARLINGTON, TX	34	LAS VEGAS, NV		

A photograph of a classic Art Deco building in Miami, featuring white facades with colorful accents in teal and orange. The building has multiple stories with rectangular windows and decorative architectural elements. Palm trees are visible in the foreground and background against a clear blue sky.

# What got Miami to the top of the list?

80%

of residents work out at least once a week. 52% opt for group fitness.\*

31%

prioritize self-care through salon and spa services.\*

69%

get integrative health services, like massages and chiropractic care, at least once a year.

\*Highest percentage of all top cities.

And business is good. Miami's many wellness businesses are thriving. Why? Miami residents are loyal to their wellness providers. This helps businesses boost wellness efforts for the city, while earning high revenue and keeping things efficient. Miami is devoted to a holistic wellness routine.

# Wellness highs and lows



**Lowest Percentage  
of Cigarette  
Smokers:**  
San Francisco, CA

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**Highest Percentage  
of Cigarette  
Smokers:**  
Detroit, MI



**Most Well-Rested:**  
Miami, FL

62% get a full night's sleep

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**Most Sleep-Deprived:**  
Oklahoma City, OK  
38% get a full night's sleep

**Most Check-Ups:**  
Boston, MA

64% get regular  
medical check-ups

**Least Likely to See the Doc:**  
Tulsa, OK

44% get regular medical  
check-ups

**Most Active:**

Los Angeles, CA

87% exercise at least once a week

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**Least Likely to Be Spotted Working Out:**

Tulsa, OK

61% exercise at least once a week

**Healthiest Diet:**

Los Angeles, CA

47% eat recommended servings of fruits and vegetables daily

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**Most Hydrated:**

Los Angeles, CA

67% drink at least 6-8 glasses of water daily

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**Worst Nutrition:**

Tulsa, OK

20% eat recommended servings of fruits and vegetables daily

**Most Thirsty:**

Omaha, NE

44% drink at least 6-8 glasses of water daily



# Takeaway #2

Miami, FL is the healthiest city in America—  
thanks to the city's dedication to multiple  
dimensions of wellness.



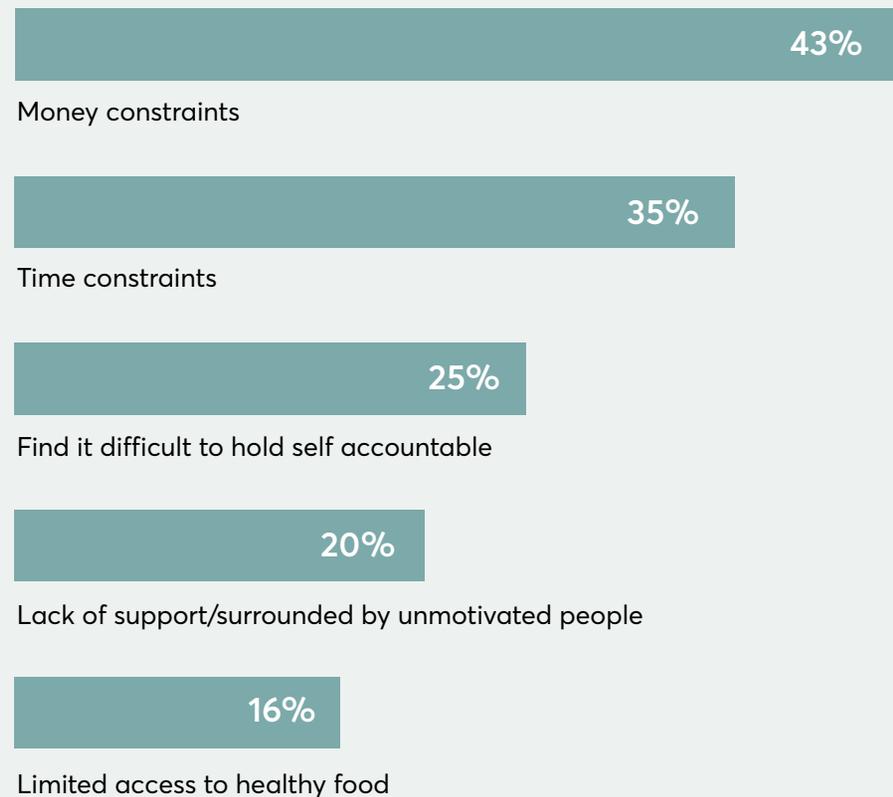
## Obstacles along the way

Every journey has its twists  
and turns.

# Living healthy is easier said than done

What's holding America back?

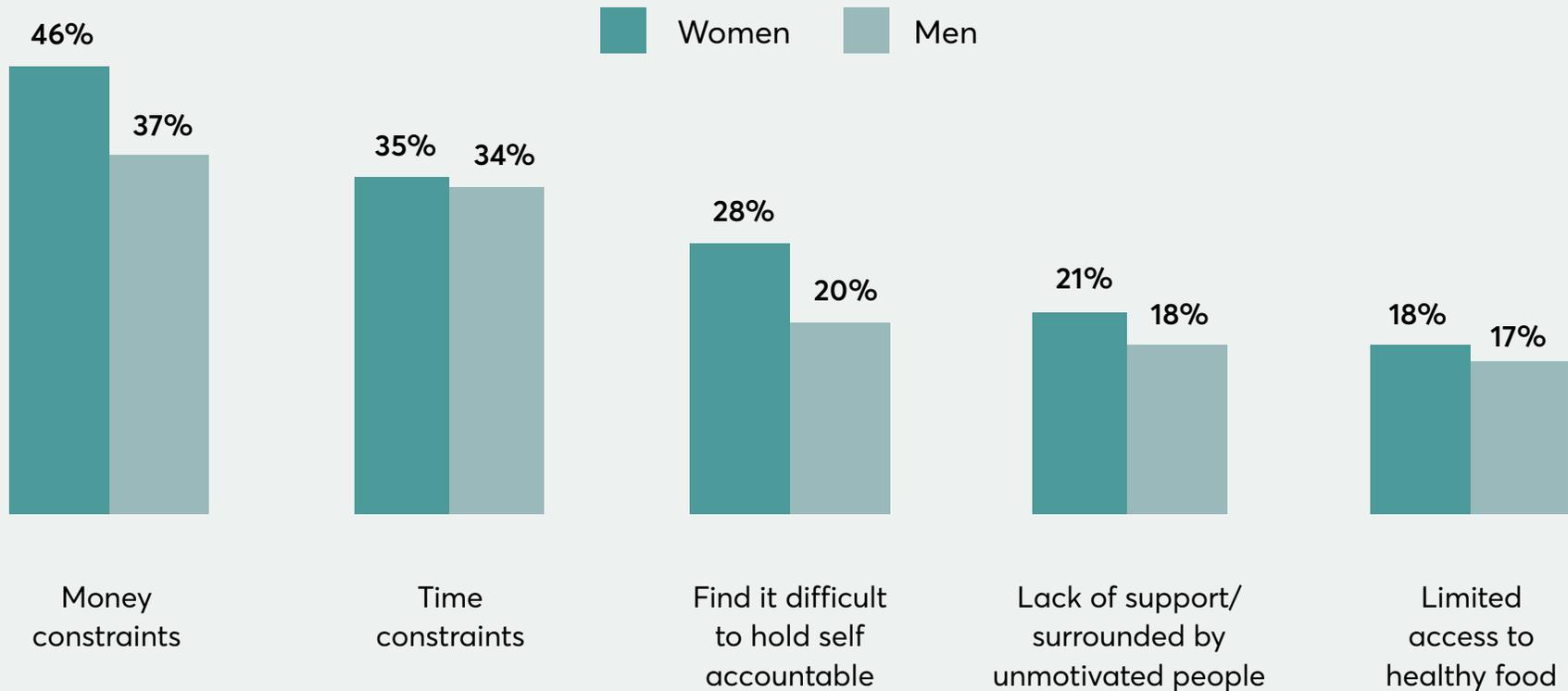
## Americans' top obstacles to healthy living



**The  
struggle  
is more  
real for  
some.**



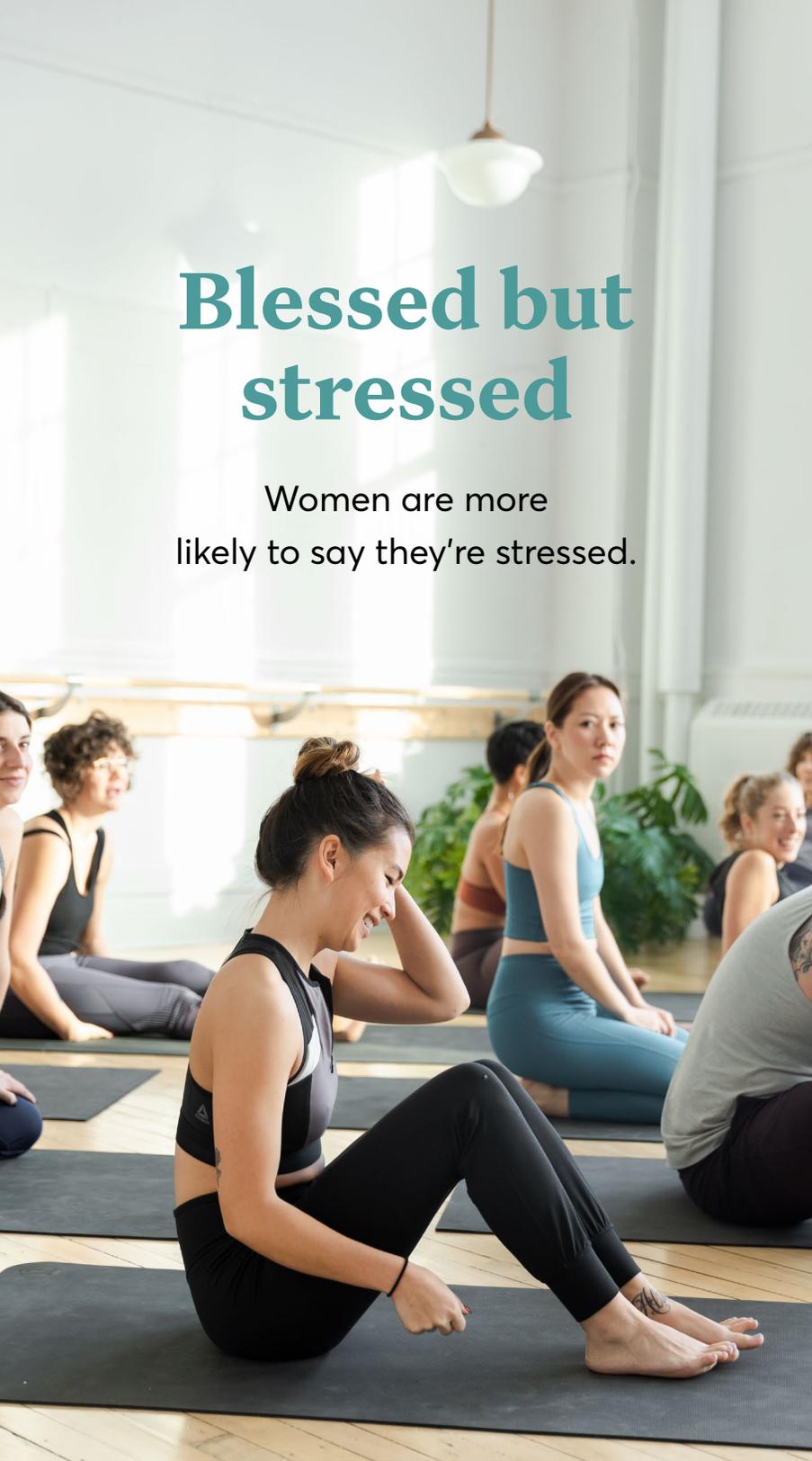
## Women struggle with all of these obstacles more than men



19% of men say they don't have any obstacles.  
Only 14% of women say the same.

# Blessed but stressed

Women are more likely to say they're stressed.



## How stressed are Americans on a regular basis?\*

Extremely/very stressed (41%)

Moderately stressed (35%)

Not at all/minimally stressed (23%)

\*Due to rounding, percentages add up to just under 100%.

### MOST STRESSED

## Tulsa, OK

52% are very or extremely stressed

### MOST ZEN

## Virginia Beach, VA

Only 34% are very or extremely stressed

# Takeaway #3

Money and time are the biggest obstacles to healthy living—and women struggle more than men.



# 04

## Wellness in 2020

What will America focus on  
next year?

# Doing the mental math

This year, Americans are looking to improve their mental wellness—including emotional, social, spiritual, intellectual, and occupational aspects.

Mental wellness promotes and supports lifelong growth, happiness, creativity, inner peace, compassion, and wisdom. What can boost it? Movement and exercise, mindfulness, nutrition, and community.<sup>3</sup>

The dimensions of wellness are truly interconnected. Each dimension relies on the others—and only together can they achieve holistic health.

# Mental wellness in the US



## Most Community-Oriented:

Washington, DC

46% feel connected to their neighborhoods and communities

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## Least Likely to Have a Block Party:

Mesa, AZ

22% feel connected to their neighborhoods and communities



## Most Content With Work:

Miami, FL

63% enjoy their work and day-to-day activities

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## Least Content With Work:

Portland, OR

46% enjoy their work and day-to-day activities

## Most Fun:

Los Angeles, CA

74% find time for fun and play

## Most Likely to Stay Home:

Mesa, AZ

52% find time for fun and play

**Most Spiritually Fulfilled: Miami, FL**

61% are spiritually fulfilled

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**Least Spiritually Fulfilled: Portland, OR**

Only 34% are spiritually fulfilled

**Happiest:**

Miami, FL

66% feel happy most of the time

**Least Happy:**

Tulsa, OK

40% are happy most of the time

**Most Creative:**

Washington, DC

63% regularly do creative and mentally stimulating activities

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**Least Artsy:**

Milwaukee, WI

45% regularly do creative and mentally stimulating activities



**Social SoCal:**

Los Angeles, CA

Highest percentage of residents who say they're close with friends and family

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**Least Close:**

Mesa, AZ

Lowest percentage of residents who say they're close with friends and family



# Takeaway #4

Mental wellness is key to health. And a big reason why Miami is America's healthiest city.



## Key takeaways

And how you can start living  
healthier today.

# Here's what we learned:

- 01.** Wellness is the active, ongoing pursuit of health across multiple dimensions.
- 02.** Miami, FL is the healthiest city in America—thanks to the city's dedication to multiple dimensions of wellness.
- 03.** Money and time are the biggest obstacles to healthy living—and women struggle more than men.
- 04.** Mental wellness is critical to health. And a big reason why Miami is America's healthiest city.

# Feeling inspired?

Find and book wellness services near you at [mindbody.io](https://mindbody.io) or on the MINDBODY app.





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1. World Health Organization. "Constitution." <https://www.who.int/about/who-we-are/constitution>. Accessed December 2019.
2. Global Wellness Institute. "What Is Wellness?" <https://globalwellnessinstitute.org/what-is-wellness/>. Accessed December 2019.
3. Global Wellness Institute. "Mental Wellness Initiative" <https://globalwellnessinstitute.org/initiatives/mental-wellness-initiative/>. Accessed December 2019.