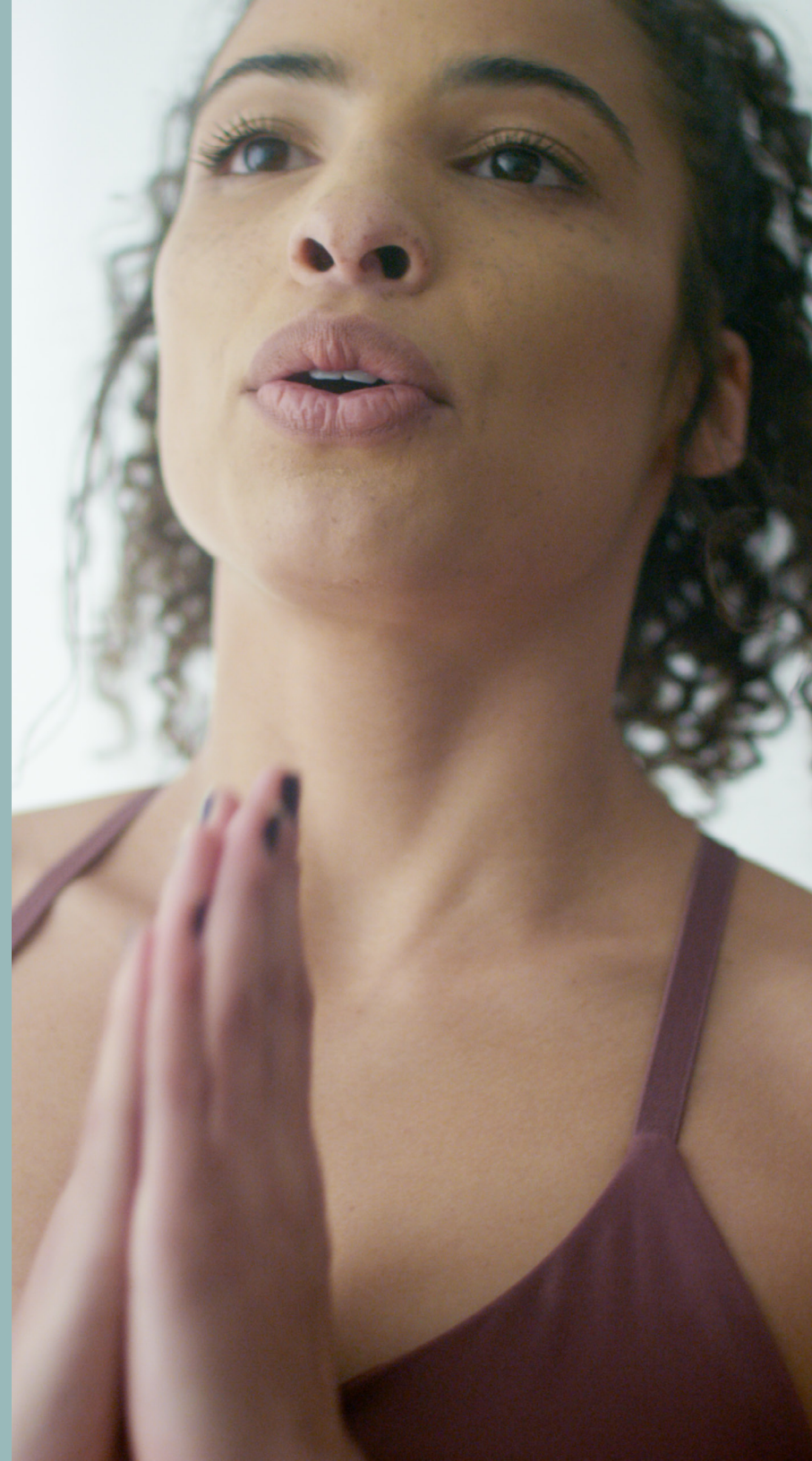




Healthiest Cities in America

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.¹

“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.² 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 large 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

**Highest Percentage
of Cigarette
Smokers:**

Detroit, MI



Most Well-Rested:

Miami, FL

62% get a full night's sleep

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



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



Most Hydrated:

Los Angeles, CA

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

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.



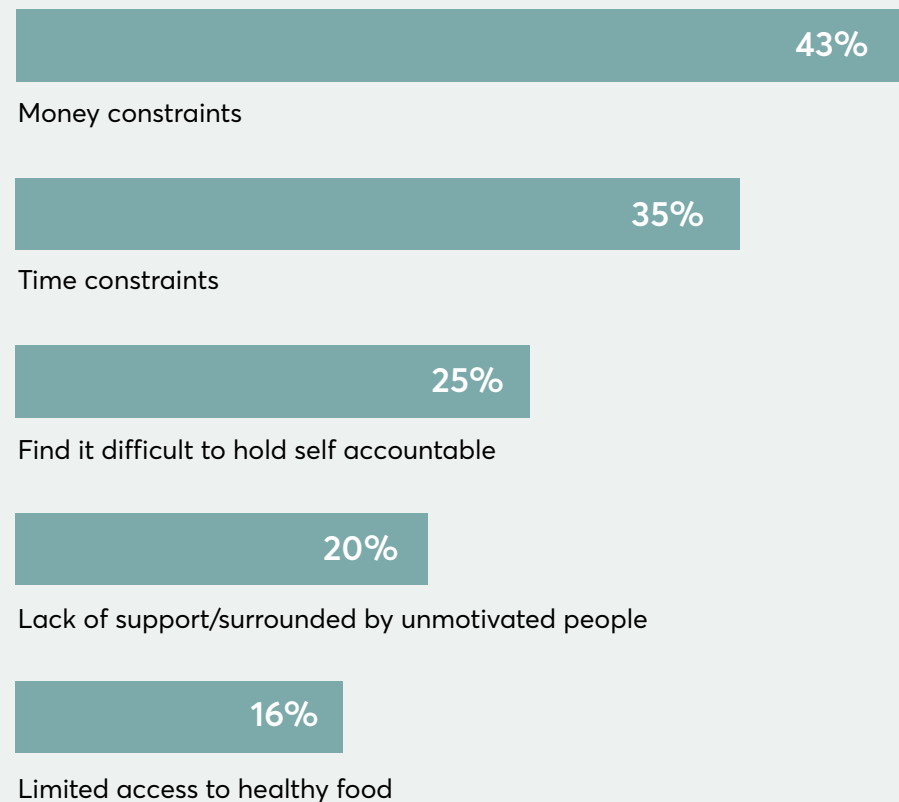
Obstacles along the way

Every journey has its twists
and turns.

Living healthy is easier said than done

What's holding America back?

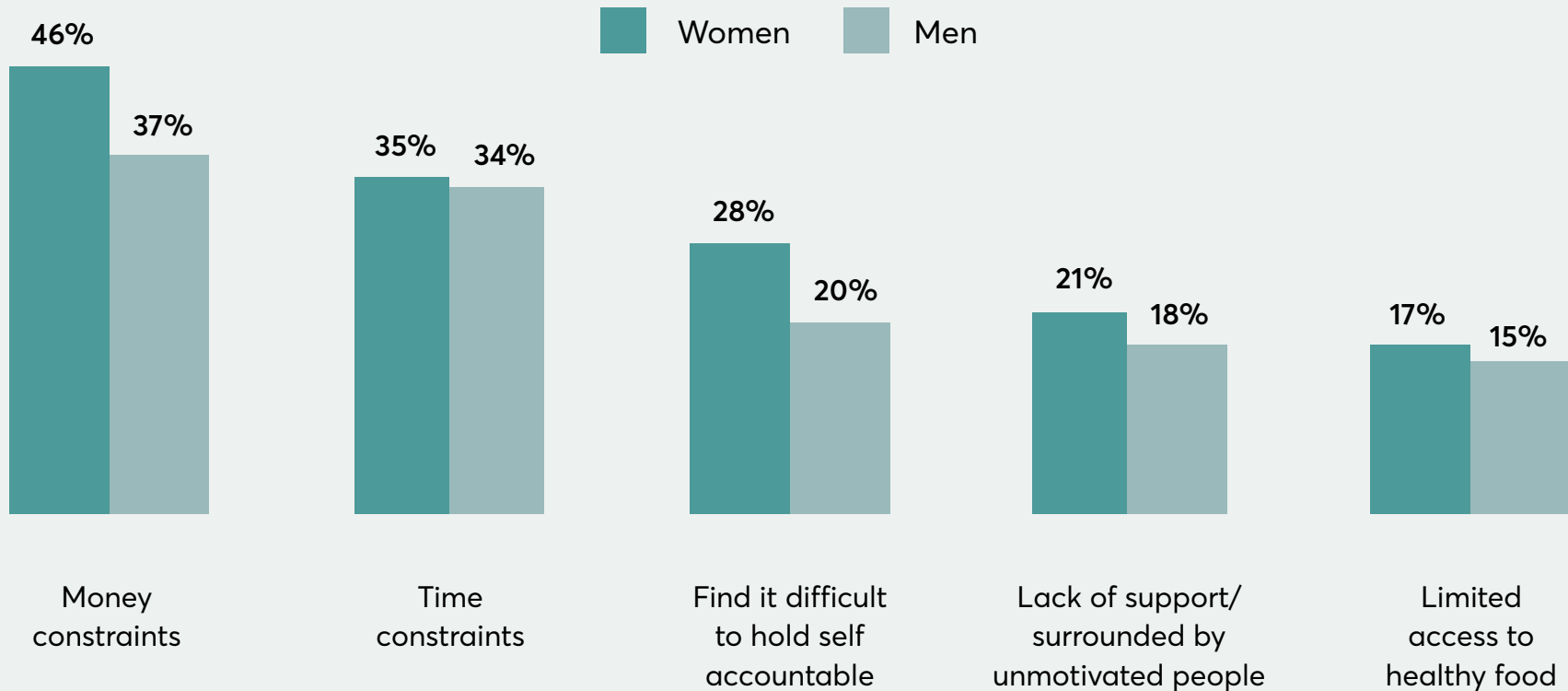
Americans' top obstacles to healthy living



**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.³

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

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

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

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

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

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 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.