

## THE BEST FITNESS-WALKING CITIES

*Prevention* salutes 10 communities that go the extra mile to help you get fit, according to our survey done with the American Podiatric Medical Association and the nonprofit Walkable Communities, Inc. Here, the winners and why they rank.



To find out how your city ranked and to see our full list of criteria, go to [prevention.com/cities](http://prevention.com/cities).

- 1 **MADISON, WI**  
Adopted a walker-friendly plan 10 years ago, and it shows
- 2 **AUSTIN, TX**  
50 trails, from ¼ to 10 miles long
- 3 **SAN FRANCISCO, CA**  
The most parks per square mile
- 4 **CHARLOTTE, NC**  
40% of this city's residents walk for exercise
- 5 **SEATTLE, WA**  
Gorgeous views of Puget Sound and snowcapped mountains
- 6 **HENDERSON, NV**  
No umbrella needed: average rainfall only 4½ inches a year
- 7 **SAN DIEGO, CA**  
A unique choice of beach, desert, and mountain routes
- 8 **SAN JOSE, CA**  
Perfect power walking weather: average temp 61°F and low humidity
- 9 **CHANDLER, AZ**  
6½ miles of traffic-free walking on its Paseo Trail
- 10 **VIRGINIA BEACH, VA**  
A low crime rate and a boardwalk make for safe, fun strolling

### LOOK WHO'S WALKING

#### FORMER SCIENCE TEACHER

Walking her first marathon turned sporadic exerciser Tommye Rafes, 46, of Ada, OK, into a 6-day-a-week fitness walker. To motivate her two sisters to walk the 2006 Portland Marathon with her (pictured: all three at the finish line), she gave them *Prevention's* training calendar. (Get yours on p. 157.)



TALK ABOUT A CHAIN OF INSPIRATION