



## Study: San Jose Is Healthiest City

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**(AP)** A lot of America's healthiest cities are in California.

That's according to a new study from Bert Sperling's BestPlaces and vitamin-maker Centrum. Five of the top ten cities are in California, with San Jose leading the way.

The study considered five criteria in ranking the top 50 cities: mental wellness, lifestyle pursuits, physical activity, health status and diet.

Sperling says he's surprised that half of the top cities are in California. He attributes that to Californians' commitment to the way they look and feel.

On the bottom of the list is New Orleans. Fitness trainer Tavis Piatolly says that because there's no place to walk and all the food is fried.

The top five cities on the list are San Jose, California; Washington, D.C.; San Francisco; the Seattle metro area; and Salt Lake City and Ogden, Utah. The five cities at the bottom are Orlando, Florida; the Cleveland metro area; Cincinnati; San Antonio and New Orleans.

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