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Best places for a healthy retirement

Want to retire where residents live a long life, there are lots of doctors and hospitals nearby, and you can pursue an active lifestyle? Check out these 20 towns.



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7. San Jose, CA

Population: 939,900

% over 50: 27%

Doctors (in county): 5,743

Hospitals (in 30 miles): 169

Life expectancy at birth: 80.33

To keep your heart healthy in San Jose, raise a glass! The city is less than an hour from wineries in the Santa Cruz Mountains like the David Bruce Winery, famed for its Pinot Noirs. While you're there, enjoy a picnic overlooking the Monterey Bay and Pacific Ocean.



COURTESY: CITY OF SAN JOSE

Or skip the vino and get your heart rate up by cycling, an activity the city is known for -- it's the birthplace of the first mechanically pedaled bicycle in North America as well as the first bicycling club, the Garden City Wheelmen.

It's also a great place to take a stroll. With safe streets, mild weather and good air quality, San Jose often ranks in the top ten of America's most walkable cities. The town also features several highly rated hospitals. --H.Y.

[See complete data and interactive map for San Jose](#)

NEXT: [Natick, MA](#)

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