Top Ten Fittest Cities

(NAPSA)—How long and how well you live, research suggests, could depend on where you live.

The American Physical Therapy Association and Huff/Post50 determined the 2013 Top 10 Fittest Baby Boomer Cities in America. They are San Jose, Calif.; Minneapolis, Minn.; San Francisco, Calif.; Denver, Colo.; Boston, Mass.; Salt Lake City, UT; Washington, DC; Seattle, Wash.; San Diego, Calif.; and Raleigh, N.C.

Physical therapists can work with baby boomers to achieve and maintain fitness goals as they age.

These were identified based on life expectancy, cardiovascular health and reported stress levels of baby boomers, as well as access to health care and fitness resources.

As experts in movement and function, physical therapists can help boomers improve their fitness, manage health conditions and prevent injury.

Learn more about physical therapy and find a physical therapist nearby at www.MoveForwardPT.com.