

Head West For A Healthier Lifestyle

(NAPSA)—Do you know the way to San Jose? That's a question more people may ask when they read the results of a recent study.

According to the Centrum Healthiest Cities Study, the healthiest city dwellers in America live in San Jose, California. The comprehensive health report card was based on key factors—such as health status, nutrition and exercise, mental health and life balance—that can contribute to overall well-being.

In the nationwide battle for healthiest cities, the West comes on strong. California boasts five metro areas in the top 10—San Jose, San Francisco, Oakland, Sacramento and the Orange County area—plus San Diego in the #12 spot. Seattle (#4), Salt Lake City (#5) and Denver (#9) also make strong showings.

The bottom 10 cities are: New Orleans (#50), San Antonio (#49), Cincinnati (#48), Orlando (#47), Columbus (#46), Cleveland (#45), Detroit (#44), Las Vegas (#43), New York (#42) and Indianapolis (#41).

To create the report, Bert Sperling of Sperling's Best Places culled data and scored 50 U.S. cities on five major categories: Physical Activity, Health Status, Nutrition, Lifestyle Pursuits, and Mental Wellness.

"From their relative strengths and weaknesses in the five categories, one common theme emerges: nearly all city dwellers could do a better job tending to the physical, mental, social and nutritional aspects of their lives and working toward a more balanced lifestyle," said Sperling.



Living a healthy lifestyle, it seems, is easier in some spots than others.

The study was released in conjunction with the Centrum Pledge for Life, a public awareness program designed to help Americans improve their health by adding a multivitamin to their daily routine.

"Americans are not getting all the essential nutrients they need from food alone, so taking a multivitamin every day is a simple way to help ensure that daily requirements are met," said Dr. Kevin Soden, physician and author. "Eating right, exercising, reducing stress, balancing work and leisure and engaging in positive social relationships are among the other daily habits that can contribute to overall good health—no matter where you live."

The program invites people to answer a simple nine-question overall health assessment to help them decide if they might benefit from taking a multivitamin.

Visit www.pledgeforlife.com to take the assessment quiz and learn more about leading a healthier lifestyle.