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NEWS RELEASE

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FRESH FOODS AND DIVERSE DINING CONTRIBUTE TO RANKING OF HEALTHY CITIES

Top 20 Cities to Eat Smart, Be Fit, and Eat Well

BIRMINGHAM, Ala. – Farmers markets and plenty of parks are two of the 15 criteria that were used to rank 20 major metropolitan cities as the healthiest in the United States. Cooking Light Magazine celebrates its 20th year of publication by choosing 20 cities that best fit its philosophy to eat smart, be fit, and live well.

Statistics that were used came from organization and Web sites, such as the U.S. Department of Agriculture, LocalHarvest.org, and the Bureau of Labor Statistics.

“After researching cities throughout the nation, we realized that many of them have opportunities for their residents to maintain a healthy lifestyle,” said senior editor Phillip Rhodes. “With today’s growing obesity and fast food ways of eating, it’s harder to find places where the people are into healthy eating and exercise.”

According to the data collected, the healthiest city in the nation is Seattle because of its

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abundance of fresh, local foods and walker-friendly streets. Portland, Oregon follows as number two because of the many outdoor activities it offers and cutting-edge restaurants. The nation's Capitol, Washington, D.C., falls into the number three spot due to its farm-fresh dining and diverse cultures.

Rankings four through 20 are listed below:

4. Minneapolis, Minnesota
5. San Francisco, California
6. Boston, Massachusetts
7. Denver, Colorado
8. Milwaukee, Wisconsin
9. Philadelphia, Pennsylvania
10. Tucson, Arizona
11. Baltimore, Maryland
12. Colorado Springs, Colorado
13. Pittsburgh, Pennsylvania
14. St. Louis, Missouri
15. New York, New York
16. Atlanta, Georgia
17. Austin, Texas
18. Chicago, Illinois
19. Las Vegas, Nevada
20. Kansas City, Missouri

As the largest epicurean magazine in the country, *Cooking Light* informs and entertains more than 11 million readers every issue with its trademark accessible approach to healthy food and its coverage of fitness, home, beauty, travel, and other aspects of living well. For more information, log onto www.cookinglight.com

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