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These 10 States Exercise the Least, According to Data

Plus, the 10 that exercise the most.

By Isabelle Buneo, Editorial Assistant · Dec 15, 2023



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When we think of different states across the U.S., we have different associations that come with each, whether it's a regional dialect, traditional cuisine or different cultural landscapes. That said, when we envision any of the 50 states, how physically active the inhabitants of each are is not typically the first thing to come to mind.

But, that could be changing, as a recent comprehensive study from [HubScore](#) analyzed the [healthiest states](#) of 2023 according to a variety of data, one of which being each state's physical inactivity level. Readers everywhere were fascinated by the overall results HubScore found, but a closer look at the specifics of this data revealed that—aside from overall health—these are the 10 states in the U.S. that are the least physically active.

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The Least Physically Active States in the Country

As part of their Healthiest States report, HubScore measured each state's physical inactivity rate, and coming in at number one on the list of least physically active states was Mississippi, with an inactivity rate of 35.74 percent. In second place was Kentucky at 34.77 percent, and in third was Louisiana with 33.54 percent.

The seven states that made up the rest of the top 10 most physically inactive state were Arkansas, Alabama, Oklahoma, Georgia, Tennessee, West Virginia and Missouri, respectively.

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The Most Physically Active States

On the flip side of the data, the state that came in as the most physically active was Colorado, with a physical inactivity percentage of just 19.23. In second and third place, respectively, were [Hawaii](#) and Utah, and completing the top 10, in order, were Vermont, Washington, Connecticut, Rhode Island, New Hampshire, Minnesota and Wisconsin.

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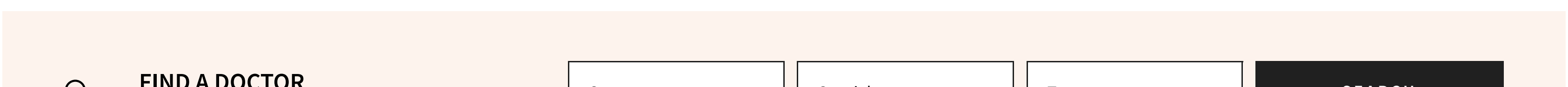
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