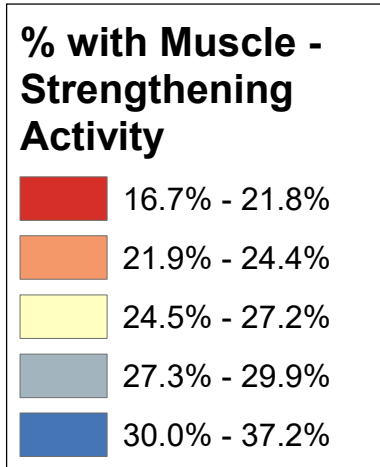
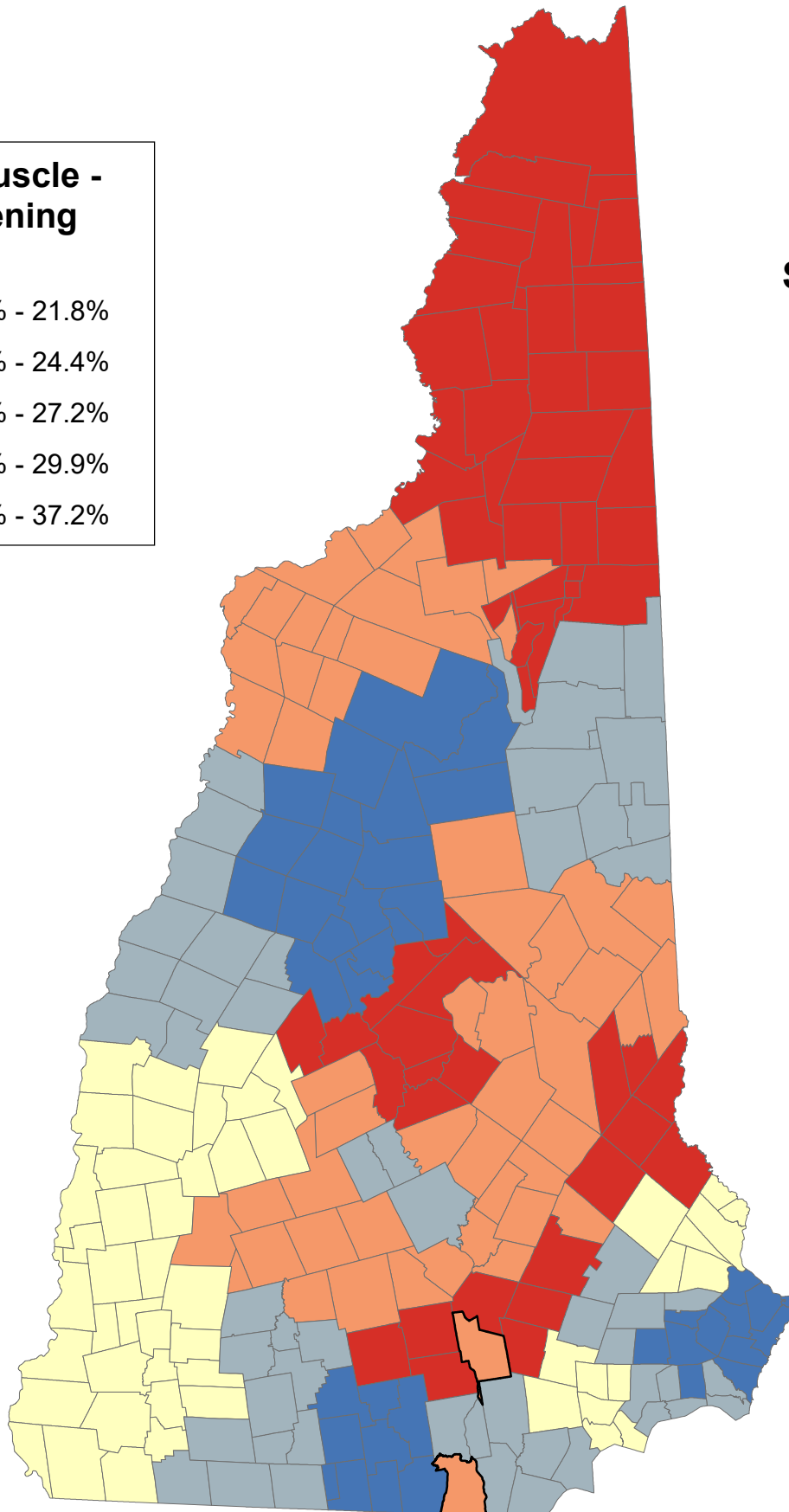


Percentage of Persons Age 60+ Years Met Guidelines for Muscle-Strengthening Activity

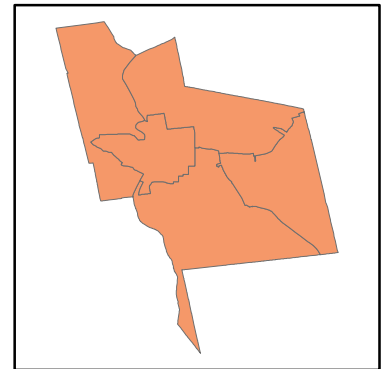


State Average: 26.0%

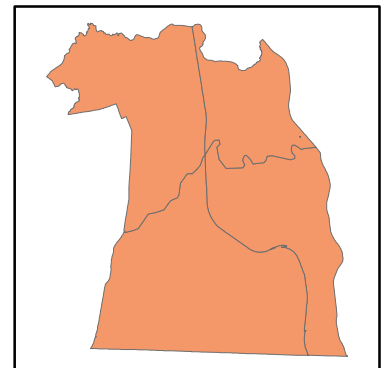
Source: BRFSS,
2011, 2013, 2015



Manchester Neighborhoods



Nashua Neighborhoods



% 60+ Met CDC Guidelines for Muscle-Strengthening Activity

Acworth	26.38%	Dalton	23.83%	Haverhill	23.83%	Nelson	25.60%	South Hampton	27.97%	Manchester	
Albany	28.46%	Danbury	21.83%	Hebron	30.36%	New Boston	21.34%	Springfield	26.38%	Central Manchester	22.01%
Alexandria	30.36%	Danville	27.22%	Henniker	23.05%	New Castle	35.68%	Stark	16.73%	Manchester: West	22.01%
Allenstown	24.42%	Deerfield	21.34%	Hill	21.83%	New Durham	16.96%	Stewartstown	16.73%	Manchester: South	22.01%
Alstead	26.38%	Deering	23.05%	Hillsborough	23.05%	New Hampton	21.83%	Stoddard	25.60%	Manchester: North	22.01%
Alton	23.01%	Derry	27.22%	Hinsdale	25.60%	New Ipswich	27.71%	Strafford	16.96%	Manchester: East	22.01%
Amherst	30.41%	Dorchester	30.36%	Holderness	30.36%	New London	26.38%	Stratford	16.73%		
Andover	23.05%	Dover	25.39%	Hollis	30.41%	Newbury	26.38%	Stratham	37.23%	Nashua	
Antrim	27.71%	Dublin	25.60%	Hooksett	21.34%	Newfields	37.23%	Sugar Hill	23.83%	Nashua: Zip 03060	23.10%
Ashland	30.36%	Dummer	17.73%	Hopkinton	23.05%	Newington	35.68%	Sullivan	26.33%	Nashua: Zip 03062	23.10%
Atkinson	27.22%	Dunbarton	23.05%	Hudson	27.67%	Newmarket	27.97%	Sunapee	26.38%	Nashua: Zip 03063	23.10%
Auburn	21.34%	Durham	25.39%	Jackson	28.46%	Newport	26.38%	Surry	26.33%	Nashua: Zip 03064	23.10%
Barnstead	23.01%	East Kingston	27.97%	Jaffrey	27.71%	Newton	27.97%	Sutton	26.38%		
Barrington	25.39%	Easton	23.83%	Jefferson	16.73%	North Hampton	37.23%	Swanzey	25.60%		
Bartlett	28.46%	Eaton	28.46%	Keene	26.33%	Northfield	21.83%	Tamworth	28.46%		
Bath	23.83%	Effingham	24.13%	Kensington	37.23%	Northumberland	16.73%	Temple	27.71%		
Bedford	21.34%	Ellsworth	30.36%	Kingston	27.97%	Northwood	24.42%	Thornton	30.36%	Unincorporated Places	
Belmont	21.83%	Enfield	29.88%	Laconia	23.01%	Nottingham	27.97%	Tilton	21.83%	<i>Atkinson and Gilmanton Academy Grant</i>	
Bennington	27.71%	Epping	27.97%	Lancaster	16.73%	Orange	29.88%	Troy	25.60%	<i>Bean's Grant</i>	
Benton	23.83%	Epsom	24.42%	Landaff	23.83%	Orford	29.88%	Tuftonboro	24.13%	<i>Bean's Purchase</i>	
Berlin	17.73%	Errol	17.73%	Langdon	26.38%	Ossipee	24.13%	Unity	26.38%	<i>Cambridge</i>	
Bethlehem	23.83%	Exeter	37.23%	Lebanon	29.88%	Pelham	27.67%	Wakefield	24.13%	<i>Chandler's Purchase</i>	
Boscawen	29.16%	Farmington	16.96%	Lee	25.39%	Pembroke	24.42%	Walpole	25.60%	<i>Crawford's Purchase</i>	
Bow	24.42%	Fitzwilliam	27.71%	Lempster	26.38%	Peterborough	27.71%	Warner	23.05%	<i>Cutt's Grant</i>	
Bradford	23.05%	Francestown	27.71%	Lincoln	30.36%	Piermont	29.88%	Warren	30.36%	<i>Dix's Grant</i>	
Brentwood	37.23%	Franconia	23.83%	Lisbon	23.83%	Pittsburg	16.73%	Washington	23.05%	<i>Dixville</i>	
Bridgewater	30.36%	Franklin	21.83%	Litchfield	27.67%	Pittsfield	24.42%	Waterville Valley	30.36%	<i>Erving's Location</i>	
Bristol	30.36%	Freedom	28.46%	Littleton	23.83%	Plainfield	29.88%	Weare	23.05%	<i>Green's Grant</i>	
Brookfield	24.13%	Fremont	27.97%	Londonderry	28.49%	Plaisrow	27.22%	Webster	29.16%	<i>Hadley's Purchase</i>	
Brookline	30.41%	Gilford	23.01%	Loudon	24.42%	Plymouth	30.36%	Wentworth	30.36%	<i>Kilkenny</i>	
Campton	30.36%	Gilmanton	23.01%	Lyman	23.83%	Portsmouth	35.68%	Westmoreland	25.60%	<i>Livermore</i>	
Canaan	29.88%	Gilsum	25.60%	Lyme	29.88%	Randolph	16.73%	Whitefield	23.83%	<i>Low and Burbank's Grant</i>	
Candia	21.34%	Goffstown	21.34%	Lyndeborough	30.41%	Raymond	27.97%	Wilmot	26.38%	<i>Martin's Location</i>	
Canterbury	24.42%	Gorham	17.73%	Madbury	25.39%	Richmond	25.60%	Wilton	30.41%	<i>Millsfield</i>	
Carroll	23.83%	Goshen	26.38%	Madison	28.46%	Rindge	27.71%	Winchester	25.60%	<i>Odell</i>	
Center Harbor	21.83%	Grafton	29.88%	Manchester	22.01%	Rochester	16.96%	Windham	28.49%	<i>Pinkham's Grant</i>	
Charlestown	26.38%	Grantham	29.88%	Marlborough	25.60%	Rollinsford	25.39%	Windsor	23.05%	<i>Sargent's Purchase</i>	
Chatham	28.46%	Greenfield	27.71%	Marlow	25.60%	Roxbury	26.33%	Wolfeboro	24.13%	<i>Second College Grant</i>	
Chester	27.22%	Greenland	35.68%	Mason	30.41%	Rumney	30.36%	Woodstock	30.36%	<i>Success</i>	
Chesterfield	25.60%	Greenville	30.41%	Meredith	21.83%	Rye	35.68%			<i>Thompson and Meserves Purchase</i>	
Chichester	24.42%	Groton	30.36%	Merrimack	27.67%	Salem	28.49%			<i>Wentworth's Location</i>	
Claremont	26.38%	Hale's Location	28.46%	Middleton	16.96%	Salisbury	23.05%				
Clarksville	16.73%	Hampstead	27.22%	Milan	17.73%	Sanbornton	21.83%				
Colebrook	16.73%	Hampton	37.23%	Milford	30.41%	Sandown	27.22%				
Columbia	16.73%	Hampton Falls	27.97%	Milton	16.96%	Sandwich	24.13%				
Concord	29.16%	Hancock	27.71%	Monroe	23.83%	Seabrook	27.97%				
Conway	28.46%	Hanover	29.88%	Mont Vernon	30.41%	Sharon	27.71%				
Cornish	26.38%	Harrisville	25.60%	Moultonborough	24.13%	Shelburne	17.73%				
Croydon	26.38%	Hart's Location	28.46%	Nashua	23.10%	Somersworth	25.39%				

% 60+ Met CDC Guidelines for Muscle-Strengthening Activity (Ranked)

Brentwood	37.23%	Plainfield	29.88%	Hampstead	27.22%	Chichester	24.42%	Center Harbor	21.83%	Manchester	
Exeter	37.23%	Boscawen	29.16%	Plaistow	27.22%	Epsom	24.42%	Danbury	21.83%	Central Manchester	22.01%
Hampton	37.23%	Concord	29.16%	Sandown	27.22%	Loudon	24.42%	Franklin	21.83%	Manchester: West	22.01%
Kensington	37.23%	Webster	29.16%	Acworth	26.38%	Northwood	24.42%	Hill	21.83%	Manchester: South	22.01%
Newfields	37.23%	Londonderry	28.49%	Alstead	26.38%	Pembroke	24.42%	Meredith	21.83%	Manchester: North	22.01%
North Hampton	37.23%	Salem	28.49%	Charlestown	26.38%	Pittsfield	24.42%	New Hampton	21.83%	Manchester: East	22.01%
Stratham	37.23%	Windham	28.49%	Claremont	26.38%	Brookfield	24.13%	Northfield	21.83%		
Greenland	35.68%	Albany	28.46%	Cornish	26.38%	Effingham	24.13%	Sanbornton	21.83%	Nashua	
New Castle	35.68%	Bartlett	28.46%	Croydon	26.38%	Moultonborough	24.13%	Tilton	21.83%	Nashua: Zip 03060	23.10%
Newington	35.68%	Chatham	28.46%	Goshen	26.38%	Ossipee	24.13%	Auburn	21.34%	Nashua: Zip 03062	23.10%
Portsmouth	35.68%	Conway	28.46%	Langdon	26.38%	Sandwich	24.13%	Bedford	21.34%	Nashua: Zip 03063	23.10%
Rye	35.68%	Eaton	28.46%	Lempster	26.38%	Tuftonboro	24.13%	Candia	21.34%	Nashua: Zip 03064	23.10%
Amherst	30.41%	Freedom	28.46%	New London	26.38%	Wakefield	24.13%	Deerfield	21.34%		
Brookline	30.41%	Hale's Location	28.46%	Newbury	26.38%	Wolfeboro	24.13%	Goffstown	21.34%		
Greenville	30.41%	Hart's Location	28.46%	Newport	26.38%	Bath	23.83%	Hooksett	21.34%		
Hollis	30.41%	Jackson	28.46%	Springfield	26.38%	Benton	23.83%	New Boston	21.34%		
Lyndeborough	30.41%	Madison	28.46%	Sunapee	26.38%	Bethlehem	23.83%	Berlin	17.73%	Unincorporated Places	
Mason	30.41%	Tamworth	28.46%	Sutton	26.38%	Carroll	23.83%	Dummer	17.73%	<i>Atkinson and Gilmanton Academy Grant</i>	
Milford	30.41%	East Kingston	27.97%	Unity	26.38%	Dalton	23.83%	Errol	17.73%	<i>Bean's Grant</i>	
Mont Vernon	30.41%	Epping	27.97%	Wilmot	26.38%	Easton	23.83%	Gorham	17.73%	<i>Bean's Purchase</i>	
Wilton	30.41%	Fremont	27.97%	Keene	26.33%	Franconia	23.83%	Milan	17.73%	<i>Cambridge</i>	
Alexandria	30.36%	Hampton Falls	27.97%	Roxbury	26.33%	Haverhill	23.83%	Shelburne	17.73%	<i>Chandler's Purchase</i>	
Ashland	30.36%	Kingston	27.97%	Sullivan	26.33%	Landaff	23.83%	Lancaster	16.96%	<i>Crawford's Purchase</i>	
Bridgewater	30.36%	Newmarket	27.97%	Surry	26.33%	Lisbon	23.83%	Middleton	16.96%	<i>Cutt's Grant</i>	
Bristol	30.36%	Newton	27.97%	Chesterfield	25.60%	Littleton	23.83%	Milton	16.96%	<i>Dix's Grant</i>	
Campton	30.36%	Nottingham	27.97%	Dublin	25.60%	Lyman	23.83%	New Durham	16.96%	<i>Dixville</i>	
Dorchester	30.36%	Raymond	27.97%	Gilsum	25.60%	Monroe	23.83%	Rochester	16.96%	<i>Erving's Location</i>	
Ellsworth	30.36%	Seabrook	27.97%	Harrisville	25.60%	Sugar Hill	23.83%	Strafford	16.96%	<i>Green's Grant</i>	
Groton	30.36%	South Hampton	27.97%	Hinsdale	25.60%	Whitefield	23.83%	Clarksville	16.73%	<i>Hadley's Purchase</i>	
Hebron	30.36%	Antrim	27.71%	Marlborough	25.60%	Nashua	23.10%	Colebrook	16.73%	<i>Kilkenny</i>	
Holderness	30.36%	Bennington	27.71%	Marlow	25.60%	Andover	23.05%	Columbia	16.73%	<i>Livermore</i>	
Lincoln	30.36%	Fitzwilliam	27.71%	Nelson	25.60%	Bradford	23.05%	Jefferson	16.73%	<i>Low and Burbank's Grant</i>	
Plymouth	30.36%	Francetown	27.71%	Richmond	25.60%	Deering	23.05%	Lancaster	16.73%	<i>Martin's Location</i>	
Rumney	30.36%	Greenfield	27.71%	Stoddard	25.60%	Dunbarton	23.05%	Northumberland	16.73%	<i>Millsfield</i>	
Thornton	30.36%	Hancock	27.71%	Swanzy	25.60%	Henniker	23.05%	Pittsburg	16.73%	<i>Odell</i>	
Warren	30.36%	Jaffrey	27.71%	Troy	25.60%	Hillsborough	23.05%	Randolph	16.73%	<i>Pinkham's Grant</i>	
Waterville Valley	30.36%	New Ipswich	27.71%	Walpole	25.60%	Hopkinton	23.05%	Stark	16.73%	<i>Sargent's Purchase</i>	
Wentworth	30.36%	Peterborough	27.71%	Westmoreland	25.60%	Salisbury	23.05%	Stewartstown	16.73%	<i>Second College Grant</i>	
Woodstock	30.36%	Rindge	27.71%	Winchester	25.60%	Warner	23.05%	Stratford	16.73%	<i>Success</i>	
Canaan	29.88%	Sharon	27.71%	Barrington	25.39%	Washington	23.05%			<i>Thompson and Meserves Purchase</i>	
Enfield	29.88%	Temple	27.71%	Dover	25.39%	Weare	23.05%			<i>Wentworth's Location</i>	
Grafton	29.88%	Hudson	27.67%	Durham	25.39%	Windsor	23.05%				
Grantham	29.88%	Litchfield	27.67%	Lee	25.39%	Alton	23.01%				
Hanover	29.88%	Merrimack	27.67%	Madbury	25.39%	Barnstead	23.01%				
Lebanon	29.88%	Pelham	27.67%	Rollinsford	25.39%	Gilford	23.01%				
Lyme	29.88%	Atkinson	27.22%	Somersworth	25.39%	Gilmanton	23.01%				
Orange	29.88%	Chester	27.22%	Allens town	24.42%	Laconia	23.01%				
Orford	29.88%	Danville	27.22%	Bow	24.42%	Manchester	22.01%				
Piermont	29.88%	Derry	27.22%	Canterbury	24.42%	Belmont	21.83%				