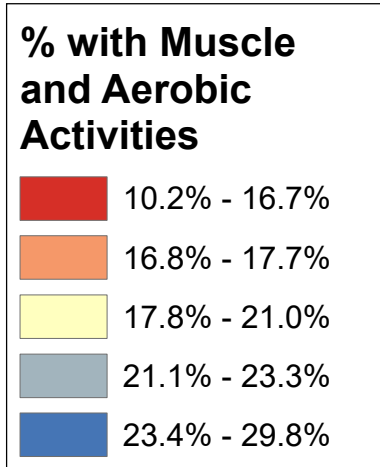
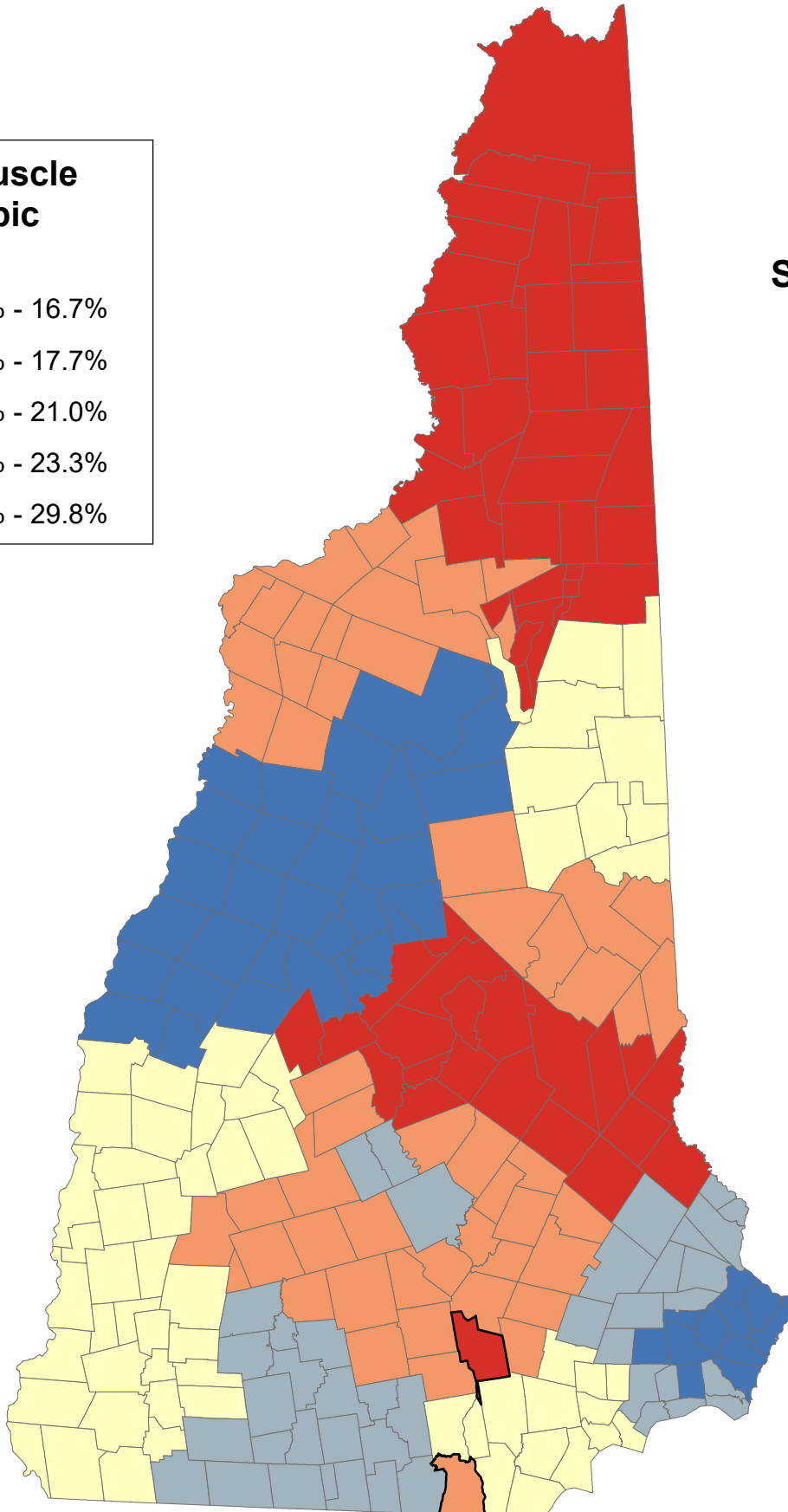


Percentage of Persons Age 60+ Years Met Guidelines for Both Muscle-Strengthening and Aerobic Activities

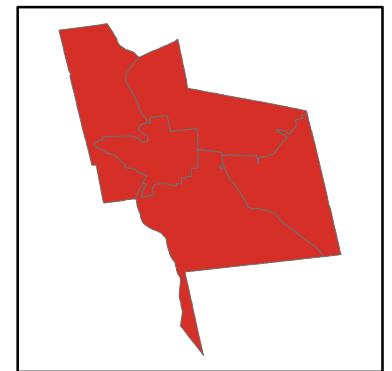


State Average: 19.9%

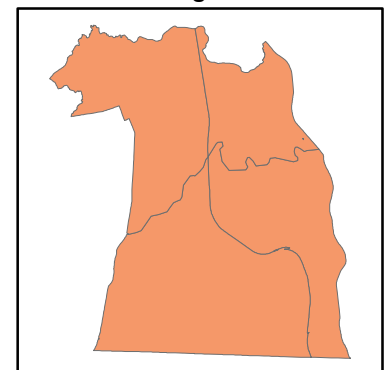
Source: BRFSS, 2011, 2013, 2015



Manchester Neighborhoods



Nashua Neighborhoods



% 60+ Met CDC Guidelines for Both Types of Physical Activities

Acworth	20.08%	Dalton	17.30%	Haverhill	17.30%	Nelson	21.02%	South Hampton	22.26%	Manchester	
Albany	21.00%	Danbury	16.66%	Hebron	24.31%	New Boston	16.88%	Springfield	20.08%	Central Manchester	15.55%
Alexandria	24.31%	Danville	20.37%	Henniker	17.72%	New Castle	29.81%	Stark	10.16%	Manchester: West	15.55%
Allenstown	17.71%	Deerfield	16.88%	Hill	16.66%	New Durham	11.89%	Stewartstown	10.16%	Manchester: South	15.55%
Alstead	20.08%	Deering	17.72%	Hillsborough	17.72%	New Hampton	16.66%	Stoddard	21.02%	Manchester: North	15.55%
Alton	15.67%	Derry	20.37%	Hinsdale	21.02%	New Ipswich	22.39%	Strafford	11.89%	Manchester: East	15.55%
Amherst	23.30%	Dorchester	24.31%	Holderness	24.31%	New London	20.08%	Stratford	10.16%		
Andover	17.72%	Dover	21.65%	Hollis	23.30%	Newbury	20.08%	Stratham	29.62%	Nashua	
Antrim	22.39%	Dublin	21.02%	Hooksett	16.88%	Newfields	29.62%	Sugar Hill	17.30%	Nashua: Zip 03060	17.41%
Ashland	24.31%	Dummer	12.70%	Hopkinton	17.72%	Newington	29.81%	Sullivan	20.85%	Nashua: Zip 03062	17.41%
Atkinson	20.37%	Dunbarton	17.72%	Hudson	19.61%	Newmarket	22.26%	Sunapee	20.08%	Nashua: Zip 03063	17.41%
Auburn	16.88%	Durham	21.65%	Jackson	21.00%	Newport	20.08%	Surry	20.85%	Nashua: Zip 03064	17.41%
Barnstead	15.67%	East Kingston	22.26%	Jaffrey	22.39%	Newton	22.26%	Sutton	20.08%		
Barrington	21.65%	Easton	17.30%	Jefferson	10.16%	North Hampton	29.62%	Swanzy	21.02%		
Bartlett	21.00%	Eaton	21.00%	Keene	20.85%	Northfield	16.66%	Tamworth	21.00%		
Bath	17.30%	Effingham	17.07%	Kensington	29.62%	Northumberland	10.16%	Temple	22.39%		
Bedford	16.88%	Ellsworth	24.31%	Kingston	22.26%	Northwood	17.71%	Thornton	24.31%	Unincorporated Places	
Belmont	16.66%	Enfield	23.41%	Laconia	15.67%	Nottingham	22.26%	Tilton	16.66%	<i>Atkinson and Gilmanton Academy Grant</i>	
Bennington	22.39%	Epping	22.26%	Lancaster	10.16%	Orange	23.41%	Troy	21.02%	<i>Bean's Grant</i>	
Benton	17.30%	Epsom	17.71%	Landaff	17.30%	Orford	23.41%	Tuftonboro	17.07%	<i>Bean's Purchase</i>	
Berlin	12.70%	Errol	12.70%	Langdon	20.08%	Ossipee	17.07%	Unity	20.08%	<i>Cambridge</i>	
Bethlehem	17.30%	Exeter	29.62%	Lebanon	23.41%	Pelham	19.61%	Wakefield	17.07%	<i>Chandler's Purchase</i>	
Boscawen	22.86%	Farmington	11.89%	Lee	21.65%	Pembroke	17.71%	Walpole	21.02%	<i>Crawford's Purchase</i>	
Bow	17.71%	Fitzwilliam	22.39%	Lempster	20.08%	Peterborough	22.39%	Warner	17.72%	<i>Cutt's Grant</i>	
Bradford	17.72%	Francestown	22.39%	Lincoln	24.31%	Piermont	23.41%	Warren	24.31%	<i>Dix's Grant</i>	
Brentwood	29.62%	Franconia	17.30%	Lisbon	17.30%	Pittsburg	10.16%	Washington	17.72%	<i>Dixville</i>	
Bridgewater	24.31%	Franklin	16.66%	Litchfield	19.61%	Pittsfield	17.71%	Waterville Valley	24.31%	<i>Erving's Location</i>	
Bristol	24.31%	Freedom	21.00%	Littleton	17.30%	Plainfield	23.41%	Weare	17.72%	<i>Green's Grant</i>	
Brookfield	17.07%	Fremont	22.26%	Londonderry	20.48%	Plaisow	20.37%	Webster	22.86%	<i>Hadley's Purchase</i>	
Brookline	23.30%	Gilford	15.67%	Loudon	17.71%	Plymouth	24.31%	Wentworth	24.31%	<i>Kilkenny</i>	
Campton	24.31%	Gilmanton	15.67%	Lyman	17.30%	Portsmouth	29.81%	Westmoreland	21.02%	<i>Livermore</i>	
Canaan	23.41%	Gilsum	21.02%	Lyme	23.41%	Randolph	10.16%	Whitefield	17.30%	<i>Low and Burbank's Grant</i>	
Candia	16.88%	Goffstown	16.88%	Lyndeborough	23.30%	Raymond	22.26%	Wilmot	20.08%	<i>Martin's Location</i>	
Canterbury	17.71%	Gorham	12.70%	Madbury	21.65%	Richmond	21.02%	Wilton	23.30%	<i>Millsfield</i>	
Carroll	17.30%	Goshen	20.08%	Madison	21.00%	Rindge	22.39%	Winchester	21.02%	<i>Odell</i>	
Center Harbor	16.66%	Grafton	23.41%	Manchester	15.55%	Rochester	11.89%	Windham	20.48%	<i>Pinkham's Grant</i>	
Charlestown	20.08%	Grantham	23.41%	Marlborough	21.02%	Rollinsford	21.65%	Windsor	17.72%	<i>Sargent's Purchase</i>	
Chatham	21.00%	Greenfield	22.39%	Marlow	21.02%	Roxbury	20.85%	Wolfeboro	17.07%	<i>Second College Grant</i>	
Chester	20.37%	Greenland	29.81%	Mason	23.30%	Rumney	24.31%	Woodstock	24.31%	<i>Success</i>	
Chesterfield	21.02%	Greenville	23.30%	Meredith	16.66%	Rye	29.81%			<i>Thompson and Meserves Purchase</i>	
Chichester	17.71%	Groton	24.31%	Merrimack	19.61%	Salem	20.48%			<i>Wentworth's Location</i>	
Claremont	20.08%	Hale's Location	21.00%	Middleton	11.89%	Salisbury	17.72%				
Clarksville	10.16%	Hampstead	20.37%	Milan	12.70%	Sanbornton	16.66%				
Colebrook	10.16%	Hampton	29.62%	Milford	23.30%	Sandown	20.37%				
Columbia	10.16%	Hampton Falls	22.26%	Milton	11.89%	Sandwich	17.07%				
Concord	22.86%	Hancock	22.39%	Monroe	17.30%	Seabrook	22.26%				
Conway	21.00%	Hanover	23.41%	Mont Vernon	23.30%	Sharon	22.39%				
Cornish	20.08%	Harrisville	21.02%	Moultonborough	17.07%	Shelburne	12.70%				
Croydon	20.08%	Hart's Location	21.00%	Nashua	17.41%	Somersworth	21.65%				

% 60+ Met CDC Guidelines for Both Types of Physical Activities (Ranked)

Greenland	29.81%	Wilton	23.30%	Albany	21.00%	Dunbarton	17.72%	Belmont	16.66%	Manchester	
New Castle	29.81%	Boscawen	22.86%	Bartlett	21.00%	Henniker	17.72%	Center Harbor	16.66%	Central Manchester	15.55%
Newington	29.81%	Concord	22.86%	Chatham	21.00%	Hillsborough	17.72%	Danbury	16.66%	Manchester: West	15.55%
Portsmouth	29.81%	Webster	22.86%	Conway	21.00%	Hopkinton	17.72%	Franklin	16.66%	Manchester: South	15.55%
Rye	29.81%	Antrim	22.39%	Eaton	21.00%	Salisbury	17.72%	Hill	16.66%	Manchester: North	15.55%
Brentwood	29.62%	Bennington	22.39%	Freedom	21.00%	Warner	17.72%	Meredith	16.66%	Manchester: East	15.55%
Exeter	29.62%	Fitzwilliam	22.39%	Hale's Location	21.00%	Washington	17.72%	New Hampton	16.66%		
Hampton	29.62%	Francestown	22.39%	Hart's Location	21.00%	Weare	17.72%	Northfield	16.66%	Nashua	
Kensington	29.62%	Greenfield	22.39%	Jackson	21.00%	Windsor	17.72%	Sanbornton	16.66%	Nashua: Zip 03060	17.41%
Newfields	29.62%	Hancock	22.39%	Madison	21.00%	Allenstown	17.71%	Tilton	16.66%	Nashua: Zip 03062	17.41%
North Hampton	29.62%	Jaffrey	22.39%	Tamworth	21.00%	Bow	17.71%	Alton	15.67%	Nashua: Zip 03063	17.41%
Stratham	29.62%	New Ipswich	22.39%	Keene	20.85%	Canterbury	17.71%	Barnstead	15.67%	Nashua: Zip 03064	17.41%
Alexandria	24.31%	Peterborough	22.39%	Roxbury	20.85%	Chichester	17.71%	Gilford	15.67%		
Ashland	24.31%	Rindge	22.39%	Sullivan	20.85%	Epsom	17.71%	Gilmanton	15.67%		
Bridgewater	24.31%	Sharon	22.39%	Surry	20.85%	Loudon	17.71%	Laconia	15.67%		
Bristol	24.31%	Temple	22.39%	Londonderry	20.48%	Northwood	17.71%	Manchester	15.55%		
Campton	24.31%	East Kingston	22.26%	Salem	20.48%	Pembroke	17.71%	Berlin	12.70%	Unincorporated Places	
Dorchester	24.31%	Epping	22.26%	Windham	20.48%	Pittsfield	17.71%	Dummer	12.70%	<i>Atkinson and Gilmanton Academy Grant</i>	
Ellsworth	24.31%	Fremont	22.26%	Atkinson	20.37%	Nashua	17.41%	Errol	12.70%	<i>Bean's Grant</i>	
Groton	24.31%	Hampton Falls	22.26%	Chester	20.37%	Bath	17.30%	Gorham	12.70%	<i>Bean's Purchase</i>	
Hebron	24.31%	Kingston	22.26%	Danville	20.37%	Benton	17.30%	Milan	12.70%	<i>Cambridge</i>	
Holderness	24.31%	Newmarket	22.26%	Derry	20.37%	Bethlehem	17.30%	Shelburne	12.70%	<i>Chandler's Purchase</i>	
Lincoln	24.31%	Newton	22.26%	Hampstead	20.37%	Carroll	17.30%	Lancaster	11.89%	<i>Crawford's Purchase</i>	
Plymouth	24.31%	Nottingham	22.26%	Plaistow	20.37%	Dalton	17.30%	Middleton	11.89%	<i>Cutt's Grant</i>	
Rumney	24.31%	Raymond	22.26%	Sandown	20.37%	Easton	17.30%	Milton	11.89%	<i>Dix's Grant</i>	
Thornton	24.31%	Seabrook	22.26%	Acworth	20.08%	Franconia	17.30%	New Durham	11.89%	<i>Dixville</i>	
Warren	24.31%	South Hampton	22.26%	Alstead	20.08%	Haverhill	17.30%	Rochester	11.89%	<i>Erving's Location</i>	
Waterville Valley	24.31%	Barrington	21.65%	Charlestown	20.08%	Landaff	17.30%	Strafford	11.89%	<i>Green's Grant</i>	
Wentworth	24.31%	Dover	21.65%	Claremont	20.08%	Lisbon	17.30%	Clarksville	10.16%	<i>Hadley's Purchase</i>	
Woodstock	24.31%	Durham	21.65%	Cornish	20.08%	Littleton	17.30%	Colebrook	10.16%	<i>Kilkenny</i>	
Canaan	23.41%	Lee	21.65%	Croydon	20.08%	Lyman	17.30%	Columbia	10.16%	<i>Livermore</i>	
Enfield	23.41%	Madbury	21.65%	Goshen	20.08%	Monroe	17.30%	Jefferson	10.16%	<i>Low and Burbank's Grant</i>	
Grafton	23.41%	Rollinsford	21.65%	Langdon	20.08%	Sugar Hill	17.30%	Lancaster	10.16%	<i>Martin's Location</i>	
Grantham	23.41%	Somersworth	21.65%	Lempster	20.08%	Whitefield	17.30%	Northumberland	10.16%	<i>Millsfield</i>	
Hanover	23.41%	Chesterfield	21.02%	New London	20.08%	Brookfield	17.07%	Pittsburg	10.16%	<i>Odell</i>	
Lebanon	23.41%	Dublin	21.02%	Newbury	20.08%	Effingham	17.07%	Randolph	10.16%	<i>Pinkham's Grant</i>	
Lyme	23.41%	Gilsum	21.02%	Newport	20.08%	Moultonborough	17.07%	Stark	10.16%	<i>Sargent's Purchase</i>	
Orange	23.41%	Harrisville	21.02%	Springfield	20.08%	Ossipee	17.07%	Stewartstown	10.16%	<i>Second College Grant</i>	
Orford	23.41%	Hinsdale	21.02%	Sunapee	20.08%	Sandwich	17.07%	Stratford	10.16%	<i>Success</i>	
Piermont	23.41%	Marlborough	21.02%	Sutton	20.08%	Tuftonboro	17.07%			<i>Thompson and Meserves Purchase</i>	
Plainfield	23.41%	Marlow	21.02%	Unity	20.08%	Wakefield	17.07%			<i>Wentworth's Location</i>	
Amherst	23.30%	Nelson	21.02%	Wilmot	20.08%	Wolfeboro	17.07%				
Brookline	23.30%	Richmond	21.02%	Hudson	19.61%	Auburn	16.88%				
Greenville	23.30%	Stoddard	21.02%	Litchfield	19.61%	Bedford	16.88%				
Hollis	23.30%	Swanzey	21.02%	Merrimack	19.61%	Candia	16.88%				
Lyndeborough	23.30%	Troy	21.02%	Pelham	19.61%	Deerfield	16.88%				
Mason	23.30%	Walpole	21.02%	Andover	17.72%	Goffstown	16.88%				
Milford	23.30%	Westmoreland	21.02%	Bradford	17.72%	Hooksett	16.88%				
Mont Vernon	23.30%	Winchester	21.02%	Deering	17.72%	New Boston	16.88%				