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## Latin america city model

2. Figure 2. All cancers combine incidence and mortality in Latin America and the Caribbean, both sexes, all ages, 2018 Age standardized price (worldwide) per 100,000. In Uruguay, incidence 263.4 and mortality 130.7. In France, Guadeloupe, frequency 254.6 and mortality 77.2. In Puerto Rico, frequency 254.5 and mortality 74.3. In France, Martinique, frequency 250.8 and mortality 88.3. In Barbados, incidence 247.5 and mortality 122.2. In French Guiana, frequency 247 and mortality 71.1. In Argentina, frequency 218 and mortality 105.4. In Brazil, incidence 217.2 and mortality 91.3. In Cuba, incidence 216.5 and mortality 111.9. In Jamaica, incidence 203.7 and mortality 119.9. In Costa Rica, frequency 197.7 and mortality 80.9. In Chile, frequency 195.5 and mortality 95.7. In Peru, incidence 192.6 and mortality 92.9. In Venezuela, bolivar republic, frequency 187.5 and mortality 92.6. In the Bahamas, frequency 181.4 and mortality 89.3. In Colombia, incidence 178.8 and mortality 79.2. In Trinidad and Tobago, frequency 177.4 and mortality 100.5. In Paraguay, incidence 175.5 and mortality 86.6. In Panama, frequency 173 and mortality 76.6. In Suriname, frequency 172.6 and mortality 100.3. In dominican republic, frequency 163.9 and mortality 94.2. In St. Lucia, frequency 157.7 and mortality 83.7. In Ecuador, frequency 157.2 and mortality 78.1. In Bolivia, Plurinational state, frequency 142.9 and mortality 87.5. In Mexico, incidence 142.7 and mortality 61.1. In Haiti, incidence 142.3 and mortality 103.6. In El Salvador, a frequency of 142.1 and mortality 80.5. In Nicaragua, incidence 141 and mortality 80.9. In Honduras, incidence 134.6 and mortality 81.8. In Belize, morbidity 132.4 and mortality 77.5. In Guatemala, incidence 126.9 and mortality 72.1. In Guyana, frequency 105.4 and mortality 67.8. Year after year, the arrival of New Year's Eve proves America is a country that puts a premium on fitness. We like getting in shape. Or rather: we like being in shape. Getting there has a different story. According to a study in the Journal of the American Medical Association, the average body mass index for adults in the U.S. was statistically unchanged from 2003 to 2012.This is the 2015 version of SmartAsset. Read the 2016 version here. This year, however, will be different. At SmartAsset, we support people to achieve their biggest goals (such as retirement and housework). That's why we wanted to find the cities that make it easier to shape. These are the places with plenty of personal trainers and fitness trainers, with lots of yoga studios and climbing walls, and lack in the calorific delights that can throw a great fitness plan off course. Find out now: How many house can I afford? Methodology To find the best places to get in shape we collected data on over 360 of the largest metropolitan areas in the country. Specifically three separate categories of data affecting suitability. People. Are there people in this city who will help you cope with your physical fitness goals? Using data from the Bureau of Labor Statistics, we calculated the ratio of fitness professionals to the overall workforce. The jobs we examined include fitness instructors, recreational therapists, nutritionists, dancers and sports trainers. Places. Is there a business in this city that can help you achieve your fitness goals? Using data from the U.S. Census Bureau, we calculated the ratio of fitness-friendly employers to the total number of employers in the city. This includes fitness and leisure centres, sporting goods stores and sports and recreation training. Fast food. How many unhealthy dietary options are available? Using U.S. Census Bureau data, we calculated the ratio of restaurants with a limited number of services to general employers in the Metro area. The limited-service restaurant does not offer table service; instead, an order from a counter or driving window. We ranked each of the 369 subways in our study according to these three factors. Then we scored each city based on its average ranking: a city ranked first in the three categories (highest in people and places and lowest in fast food) would score a perfect 100, and a city ranked last would score zero. The results below are the most fitness-friendly cities in America.1 Boulder, Colorado on the doorstep of the Rocky Mountains, Boulder offers the kind of year-round leisure options that not only make getting in shape easily, but also fun! In spring, summer and autumn there are many nearby trails and mountains to take care of all your rock climbing, hiking and running trails. In winter, some of the best skiing in the world are just a few hours away. Isn't he an outsider? Boulder's still covering for you. The city has 59 fitness and leisure centers, as well as 630 professional fitness instructors and aerobics instructors. Add to that the high altitude that makes burning calories much easier, and there's no doubt about it: Boulder is the most fitness-friendly city in America. College? Free SmartAsset student loan calculator.2. Bellingham, WashingtonLocated on Puget Sound, west of the Cascade, Bellingham offers easy access to a large kayak, canoe, mountain climbing, skiing and cycling. In fact, once a year, people with fitness mindset from all over the country gather in Washington State Whatcom For the annual Ski-to-Sea Competition and Festival, a multipurpose team that starts on Mount Baker's snowy slopes and ends in Bellingham Bay. Racers skiing, cycling, running, paddle and mountain bike leave to the finish line over the course of three to eight drains Hours. If that sounds a little too extreme for you, Bellingham has a lot more. Other. options to continue. The Bellingham Metro area ranked in the top 20 (out of 369) in all three categories we looked at, and had the 8th highest ratio of fitness professionals to the working population of each city in our study.3. Bridgeport-Stamford-Noruk, ConnecticutAs one of the three metropolitan areas east of the Mississippi to handle the top ten, Bridgeport-Stamford-Noruk is easily the most fitness-friendly subway on the East Coast. Ranking second for its share of fitness professionals and for the concentration of fitness facilities, Bridgeport may have moved even further, if not a marginally higher number of fast food joints. In this category he ranked 42nd. However, people living in the area should have plenty of opportunities to get or stay in shape in 2015.4. Missoula, MontanaIn the confluence of the Clark Fork River, the Bitteryoth River and the Blackfoot River, and surrounded by numerous mountain ranges (including the Gurtle snake and Biterroot Mountain), Missoula offers visitors and residents many excuses to stay active. Along with activities such as mountain biking and rock climbing, the Missoula Valley has some of the best fly fishing in the world: the area was immortalised in the 1976 flying laurel novel River Flows Through It, which later became a feature film with Brad Pitt.Although our study did not look at the quality of local fly fishing opportunities, Missoula ranked in the top 20 of each of the three categories , which we believe. It had the 13th highest ratio of fitness professionals, and the 16th lowest concentration of fast food. Find out now: Is it better to buy or rent? Wentchi, WashingtonAs Apple Capital of the World, the city of Venachi knows something about staying healthy. It's not an apple a day that keeps the doctor away in the Wenatchee Valley, however: it's the easy access to great fitness facilities! Wenatchee ranked 13th out of the 369 cities we examined to concentrate on leisure and sports employers. For those who love outdoors, there are great opportunities, right in the city. The trail that runs along the Columbia River from Wenachi Confluence Park to Riverfront Park is ideal for walking, running and cycling; and the saddle is not only a great exercise, but also a beautiful view of the entire valley.6 Bend, OregonOne is one of four northwestern cities to crack the top ten, Bend is known as a haven for outdoor sports lovers. Bend sits east of the Cascade crest, which means it gets more annual sun than its rainy coastal neighbors, which leaves fewer excuses to stay inside the couch. Bend has the highest Metro-area concentration of sporting goods retailers of any city in America, with an incredible 42 stores serving about 150,000 people. Vermont On the shores of Lake Champlain, Burlington has earned a green reputation. In general, residents of Queen City prefer organic to be processed, fresh to frozen, resistant to wasteful, outdoors to indoors and local for everything else. Our research has done nothing to diminish that reputation. According to our research, Burlington has the seventh lowest concentration of fast food restaurants of any metro area in America. This, combined with easy access to two mountain areas and a beautiful body of water, make it one of the most fitness-friendly cities in America.8 Charlottesville, Virginia like several other of the country's most fitness-friendly cities, the Charlottesville Metro area is home to a major university. Having a school like the University of Virginia in the city means there's more work to do for fitness coaches, athletic trainers, lifeguards, nutritionists, referees and other fitness professionals. While access to university leisure facilities is limited to students, faculty and alumni (along with direct family members of all three), there are plenty of other fitness options in the Charlottesville metro area. There are 23 fitness and entertainment centers in the area, according to the U.S. Census Bureau.9 Fort Collins-Loveland, ColoradoS 280 miles of paved and unpaved trails in the city of Fort Collins on their own, the enthusiast should have no trouble finding a place to walk or sweat. But it's in town. The Fort Collins-Loveland Metro is miles from the front range Colorado, the easternmost edge of the rocky mountains, where there is more than enough hiking, climbing, skiing and snowboarding to keep you active all year round. This may explain why the area ranked 10th out of the 369 cities we surveyed because of our concentration of fitness.10 Corvallis, OregonS 15 fitness and entertainment centers, 12 sports goods stores and six sports and recreation training companies all serve the subway to just 85,000 people, Corvallis has the highest concentration of fitness in the country. So if you're looking for a small community that makes life easy to live in, Corvallis could be the perfect place. Read SmartAsset's 2016 survey of america's best fitness cities. Photo credit: flickrPage 2 Don't you know enough about financial management to take care of all your investments yourself? Or do you need help from an experienced expert? This question is asked about millions of Americans every year. If one of these describes you, you can take advantage of professional financial advice:1. You're retiring soon - increasing retirement income requires smart solutions to complex topics such as social security, 401(k) and IRA withdrawals.2 You manage your own investments – individual investors should check their strategies with the You may miss opportunities in your portfolio.3 You have children – Whether you're saving for college or planning their inheritance, there are several ways to take care of your children.4 You have inherited money – Have you noticed that lottery winners often declare bankruptcy? It can be difficult to manage the sudden increase in wealth.5 You have a financial adviser – Depending on how you choose your adviser, there may be a better one for you. Family referrals are convenient, but do not always yield results.6 You're getting divorced – unraveling your finances in a divorce can be messy. impartial advice is key.7 You want to build wealth – If you're still decades after retirement, good decisions today can add thousands to your retirement accounts. See your 3 financial advisersYing the right financial adviser that meets your needs does not have to be difficult. SmartAsset's free tool combines you with the best financial advisers in your area in 5 minutes. Each adviser has been investigated by SmartAsset and is obliged to act in its best interests. If you are ready to be met with local consultants who will help you achieve your financial goals, start now. Nwo.

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