Time to get that heart rate up! What are your favorite types of aerobic activity? [1]

- **Running**: 10% (36 votes)
- **Swimming**: 11% (39 votes)
- **Biking**: 11% (39 votes)
- **Dancing**: 27% (92 votes)
- **Boxing**: 3% (10 votes)
- **Cardio classes**: 5% (18 votes)
- **Rowing**: 1% (5 votes)
- **Team sports**: 12% (42 votes)
- **Something not listed here**: 10% (35 votes)
- **I'm not a fan of aerobic activity**: 9% (30 votes)

Total votes: 346
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If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: https://goaskalice.columbia.edu/polls/time-get-heart-rate-what-are-your-favorite-types-aerobic-activity

Links