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