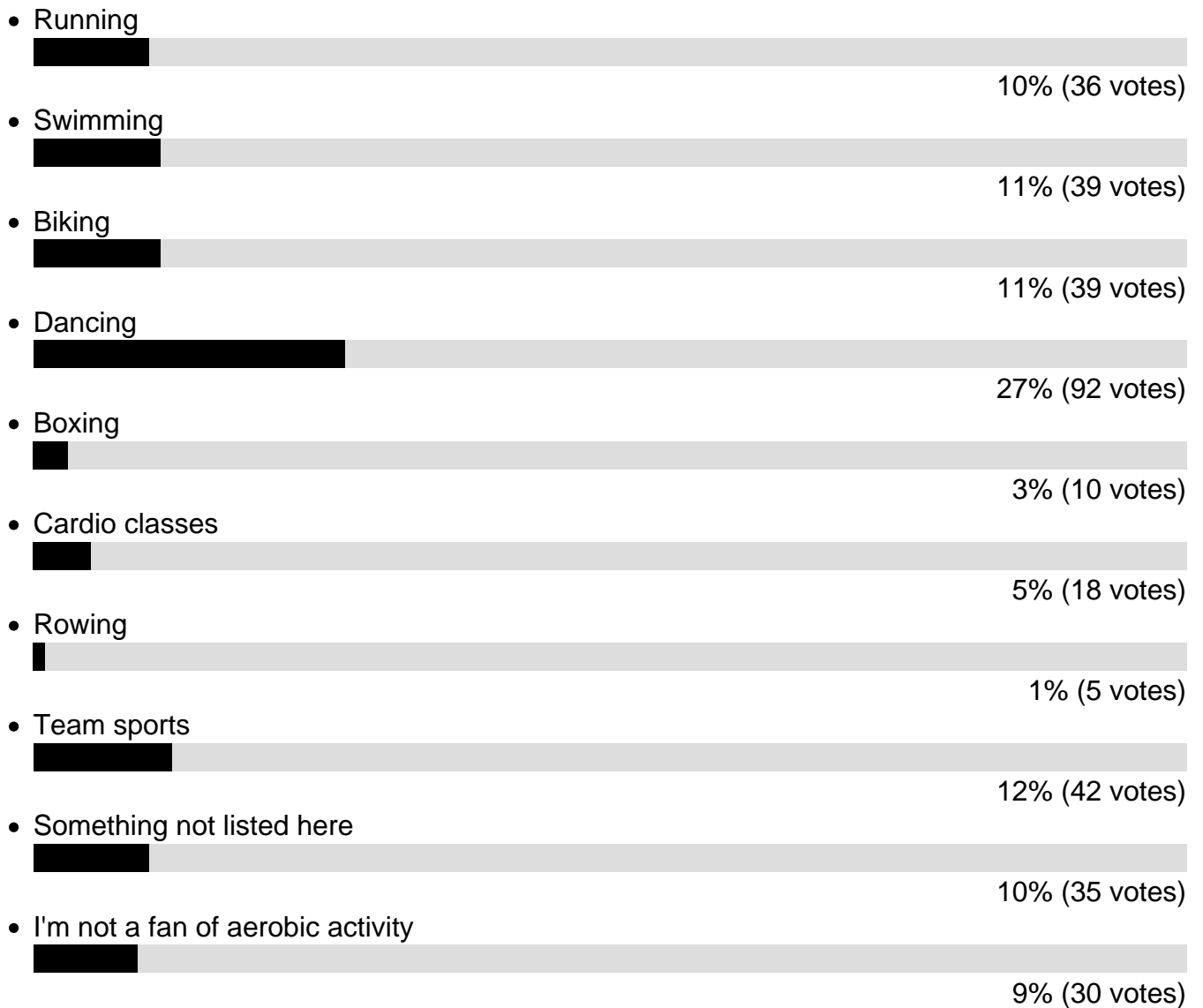


Time to get that heart rate up! What are your favorite types of aerobic activity? ^[1]



Total votes: 346

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Go Ask Alice! is not an emergency or instant response service.

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

[1] <https://goaskalice.columbia.edu/polls/time-get-heart-rate-what-are-your-favorite-types-aerobic-activity>