**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