

How often do you exercise aerobically
(sweating, increased heart rate, breathing harder than at rest)
for at least one-half hour (30 minutes)?

1-2 times per week

31% (13 votes)

1-2 times per month

10% (4 votes)

3 or more times per week

38% (16 votes)

Do not exercise

21% (9 votes)

Total votes: 42