473. Yoga has become a very popular type of exercise, but it may not be for everyone. Before you sign yourself up for a yoga class, you need to examine what it is you want from your ﬁtness routine. If you’re looking for a high-energy, fast-paced aerobic workout, a yoga class might not be your best choice. This paragraph best supports the statement that a. yoga is more popular than high-impact aerobics. b. before embarking on a new exercise regimen, you should think about your needs and desires. c. yoga is changing the world of ﬁtness in major ways. d. yoga beneﬁts your body and mind. e. most people think that yoga isn’t a rigorous form of exercise.