

## VIDEOBLACK

## My Favorite Video\*

Anita Baker

"Aerobics With Soul—African Rhythms. I try to use this tape daily. I not only get a great workout, I also learn authentic African dance at the same time! Afterwards, I find that I am culturally and physically energized throughout the day."

\*Favorite Black video rented or purchased in last 12 months that subject was not involved in.