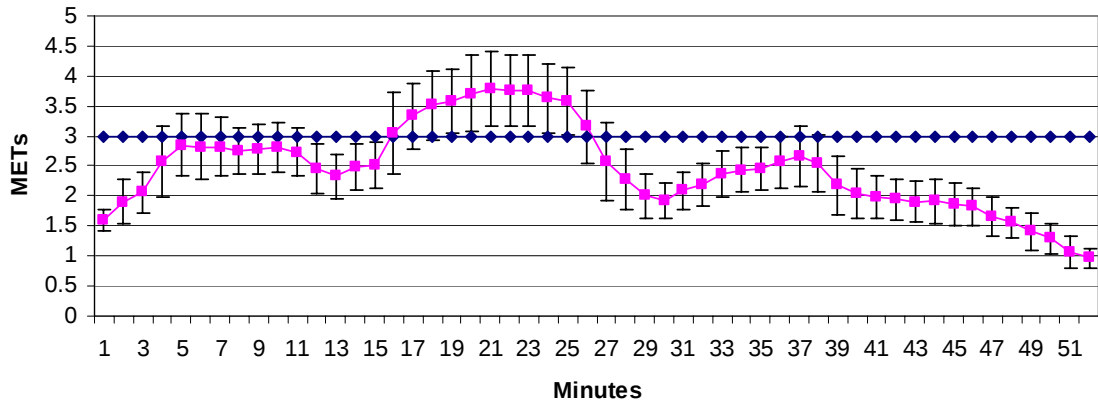


Mean METs during yoga



—◆— 3.0 METs minimum value for moderate exercise —■— Mean METs during yoga