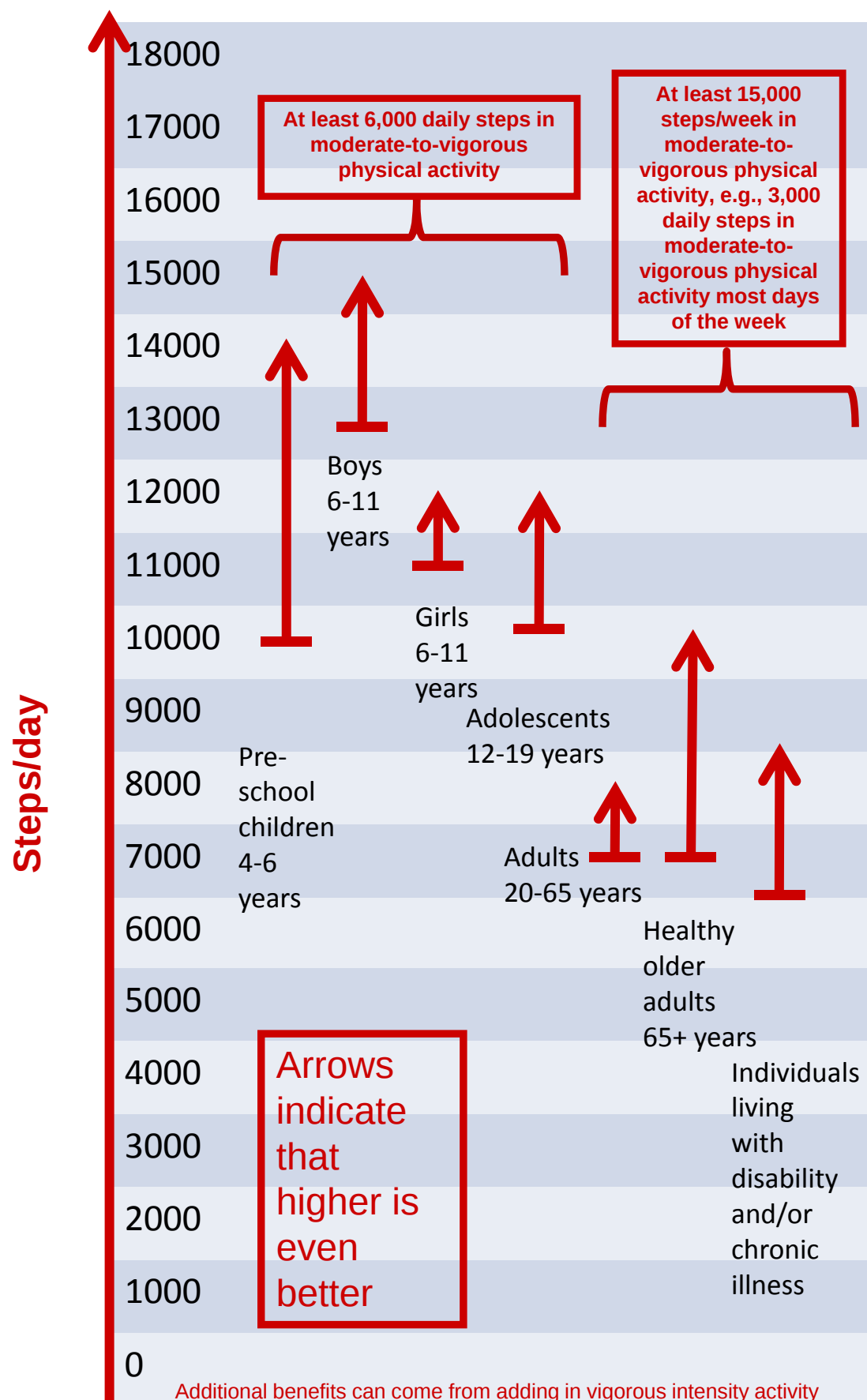




Additional benefits can come from adding in vigorous intensity activity