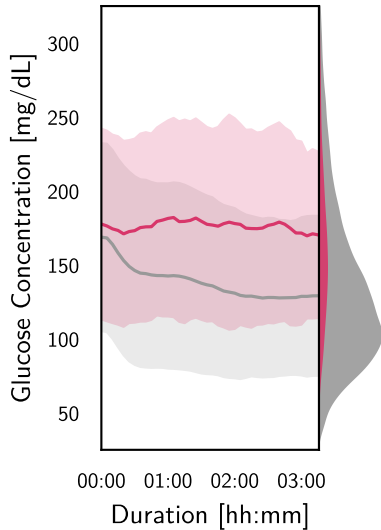
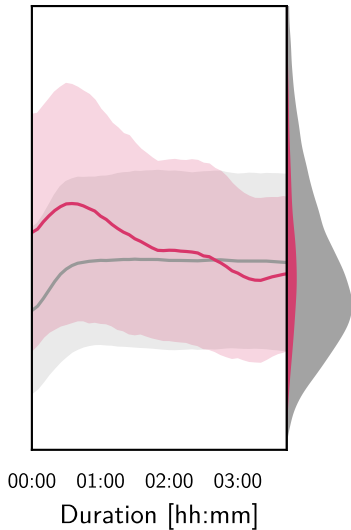


Exercise



Recovery



Sleep

