A researcher is invetigating the effect of three different exercise regimens (cardio, strength training, and combination) on weight loss. She randomly assigns 30 participants to each of the three groups and records their weight loss (in pounds) after a 6-week program. The data is stored in a CSV file named "weight_loss_data.csv" with columns "Par@cipantID", "Group", and "WeightLoss".

- Load the data into R and perform a one-way ANOVA to determine if there is a significant difference in mean weight loss among the three exercise regimens. Use $\alpha = 0.05$
- Calculate the power of the one-way ANOVA test using the given data and the calculated effect size (Cohen's f). Use the pwr.anova.test() func@on from the pwr package to compute the power.
- Create a boxplot to visualize the distribution of weight loss for each exercise regimen.