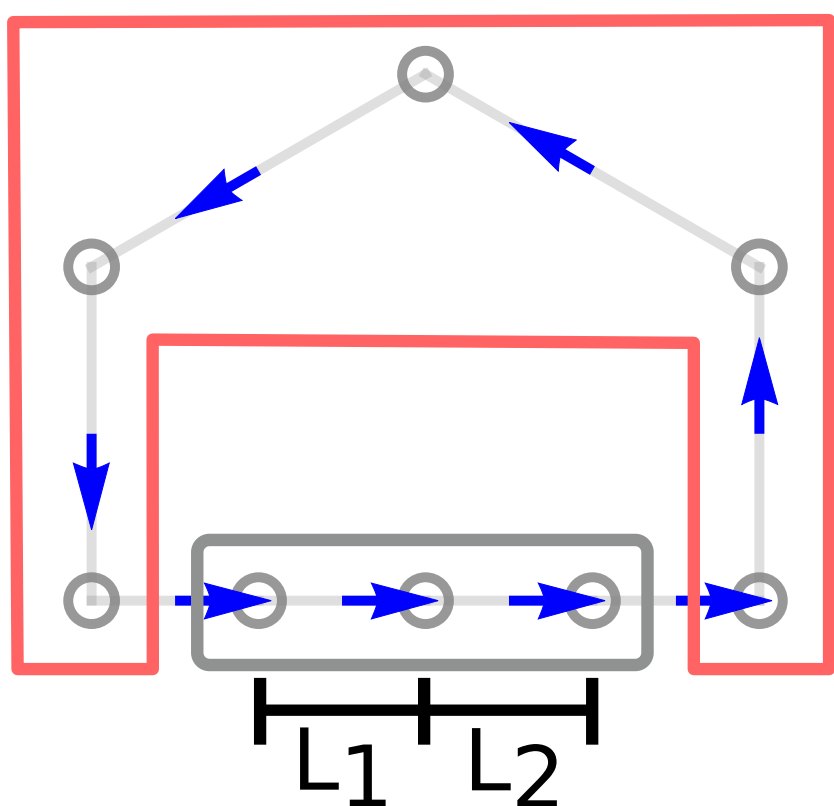


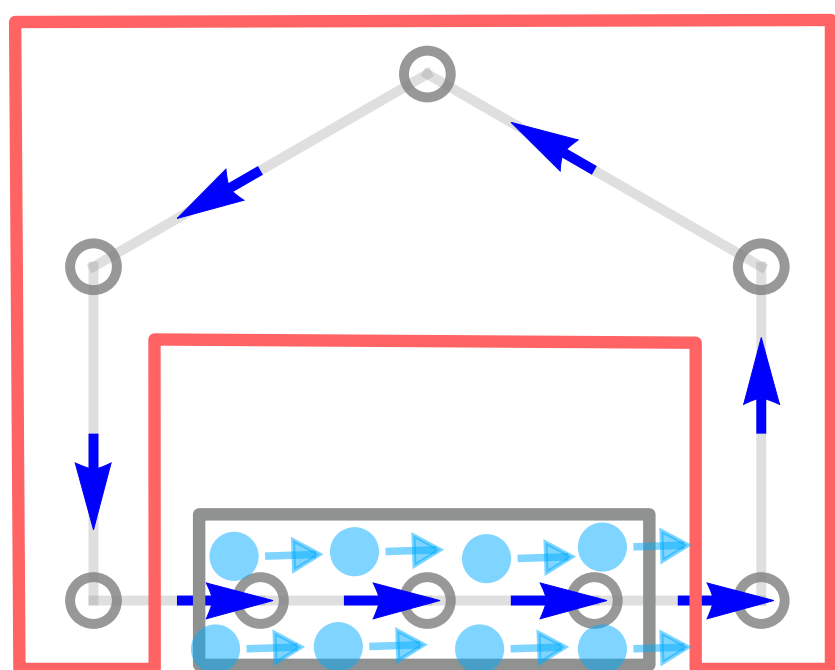
(a)

(i)



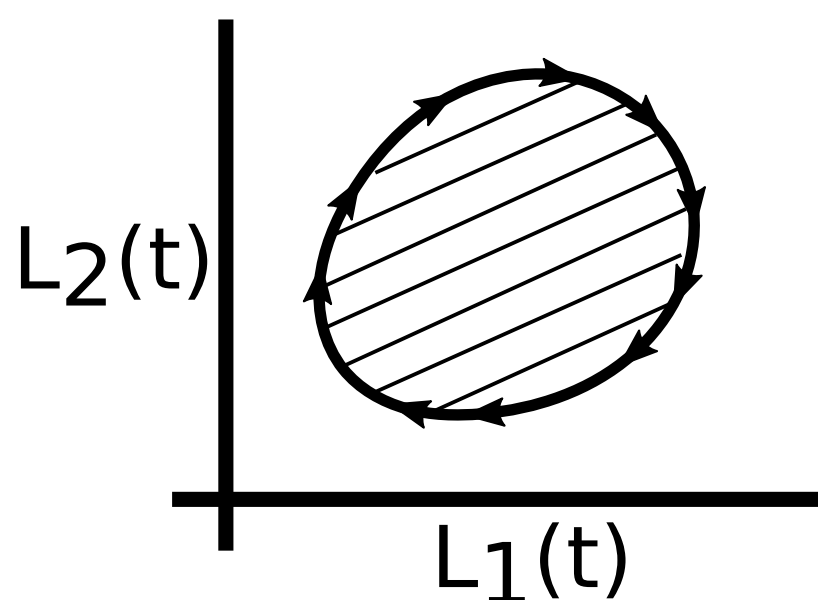
→ energy flux $\langle J \rangle$

(iv)



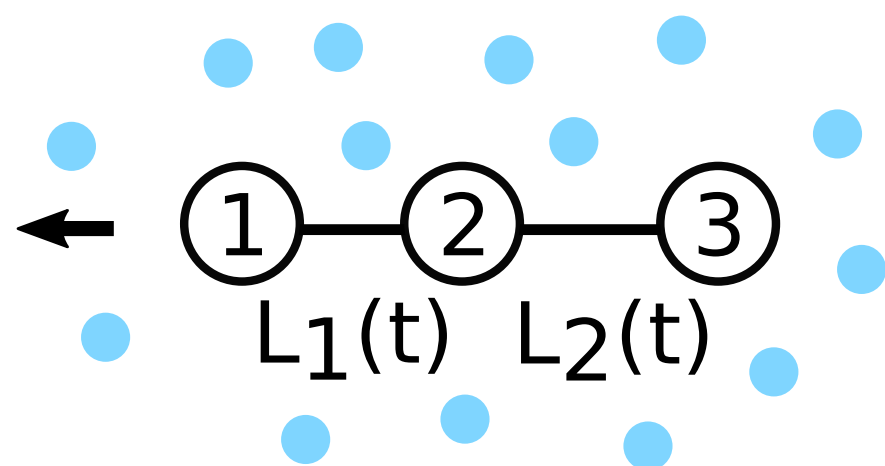
→ fluid pumping

(ii)



area $\propto \langle J \rangle$

(iii)



← swim speed $|V_s|$

$V_s \propto \text{area} \propto \langle J \rangle$

(b)

