

A photograph of three women in a bright, minimalist studio setting, performing a yoga pose (Urdhva Dhanurasana or Upward Bow Pose). They are arranged in a row, with the woman in the center slightly behind the other two. The woman on the left has dark hair and is wearing a light blue tank top and grey shorts. The woman in the center has blonde hair and is wearing a white tank top and grey shorts. The woman on the right has brown hair and is wearing a striped tank top and grey shorts. All three are arching their backs, with their hands on the floor and their feet together, lifting their hips. Their right arms are extended upwards. The word "EXERCISE" is overlaid in large, white, outlined capital letters across the middle of the image. Below the text is a green ECG line graphic.

EXERCISE

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