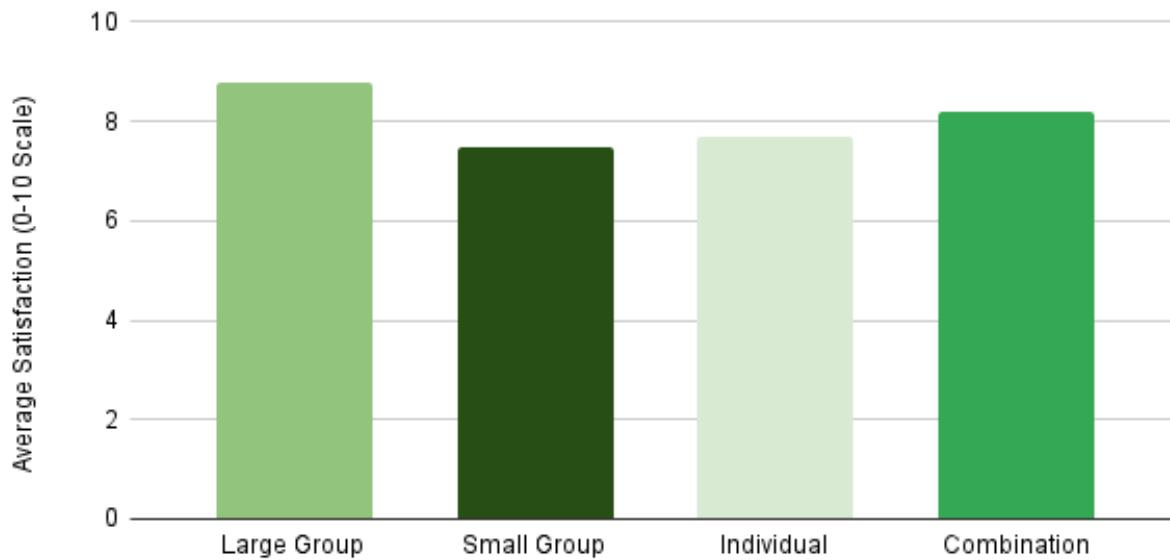


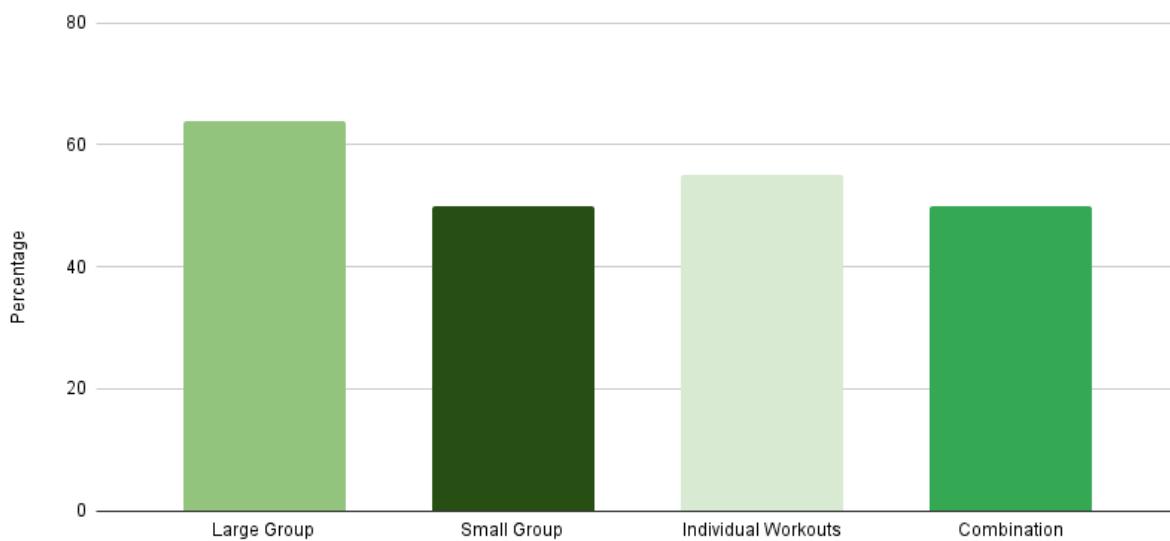
Supplementary Figure 1.

Average Satisfaction of Exercise Routine in Each Group



Supplementary Figure 2.

Percent of Each Group that Exercises at the YMCA Three or More Times Per Week



Supplementary Figure 3.

