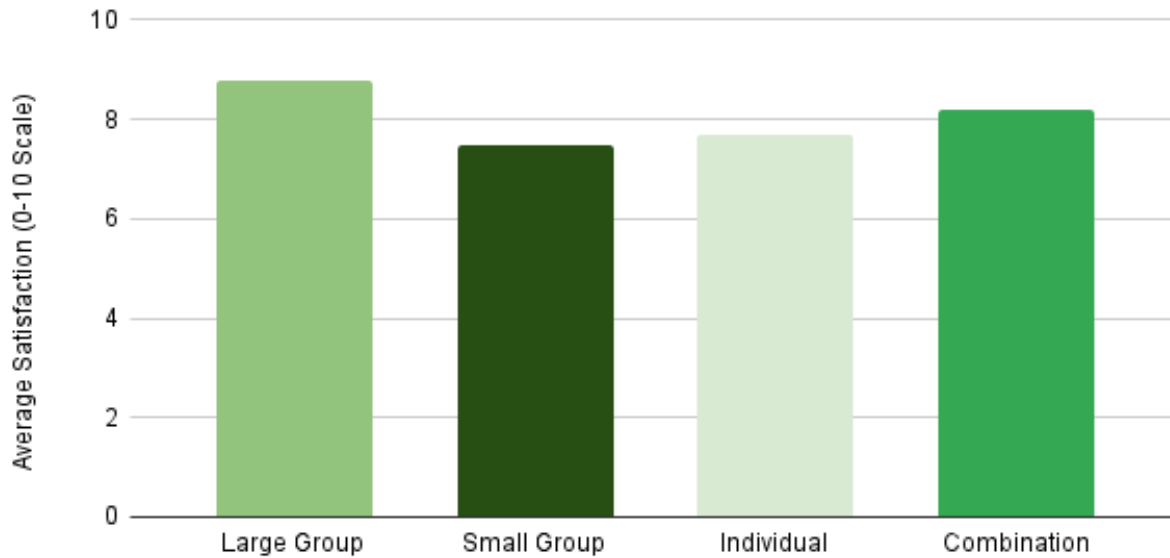


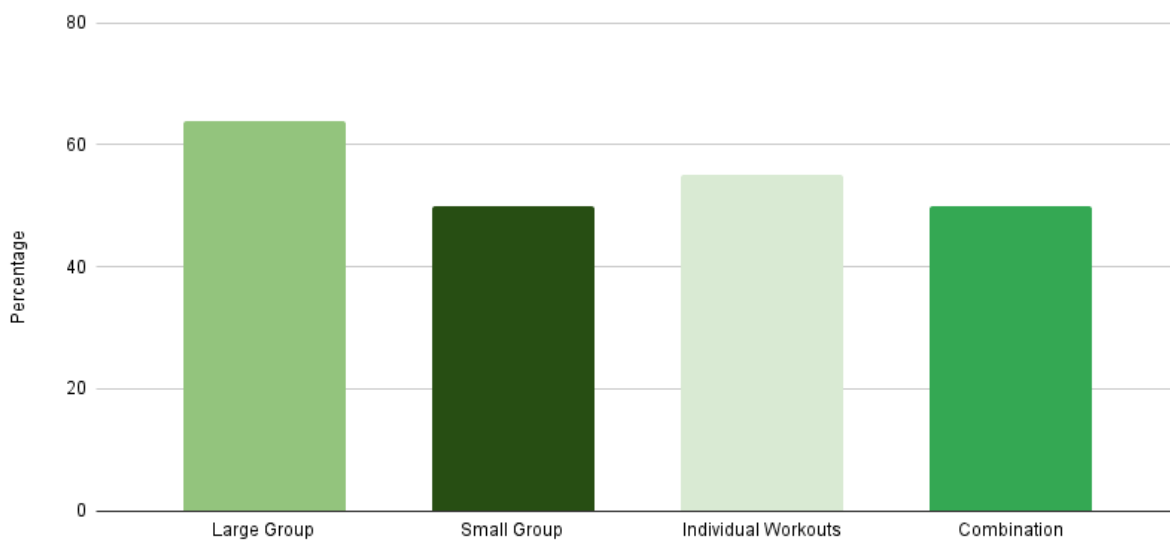
Supplementary Figure 1.

## 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.

