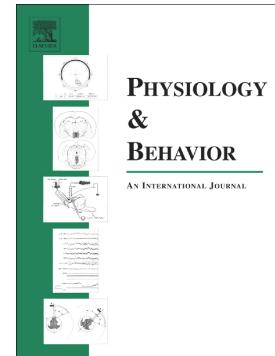


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## Is Regular Exercise an Effective Strategy for Weight Loss Maintenance?

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