

Table 1. Cell and Marginal Means and Standard Deviations

	<i>Meditation</i>		<i>No Meditation</i>		<i>Exercise Group Main Effect</i>
	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>M (SD)</i>
Exercise					
No exercise					
Meditation group main effect					