

		<i>Meditation</i>	
		<i>Regular Meditation</i>	<i>No Meditation</i>
Exercise	Regular exercise	6.90 (2.33) $n = 10$	3.50 (1.58) $n = 10$
	No exercise	4.00 (1.41) $n = 10$	3.10 (2.03) $n = 10$