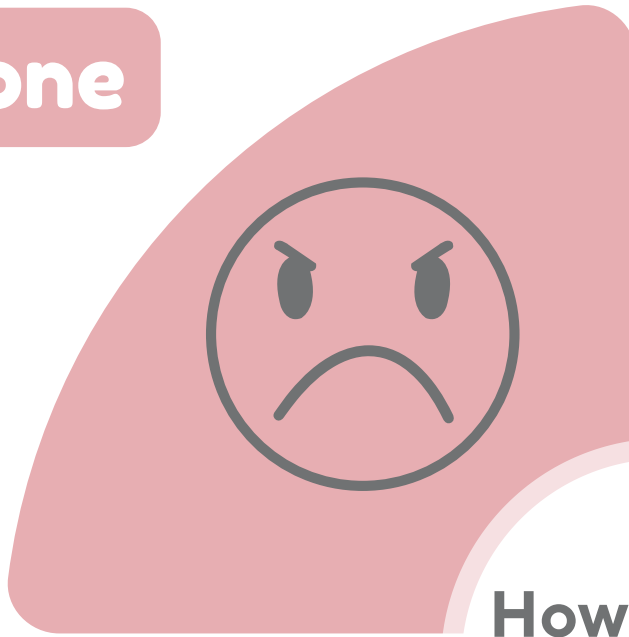


**Red zone**



**Yellow zone**



How do you  
feel now?

**Blue zone**



**Green zone**

