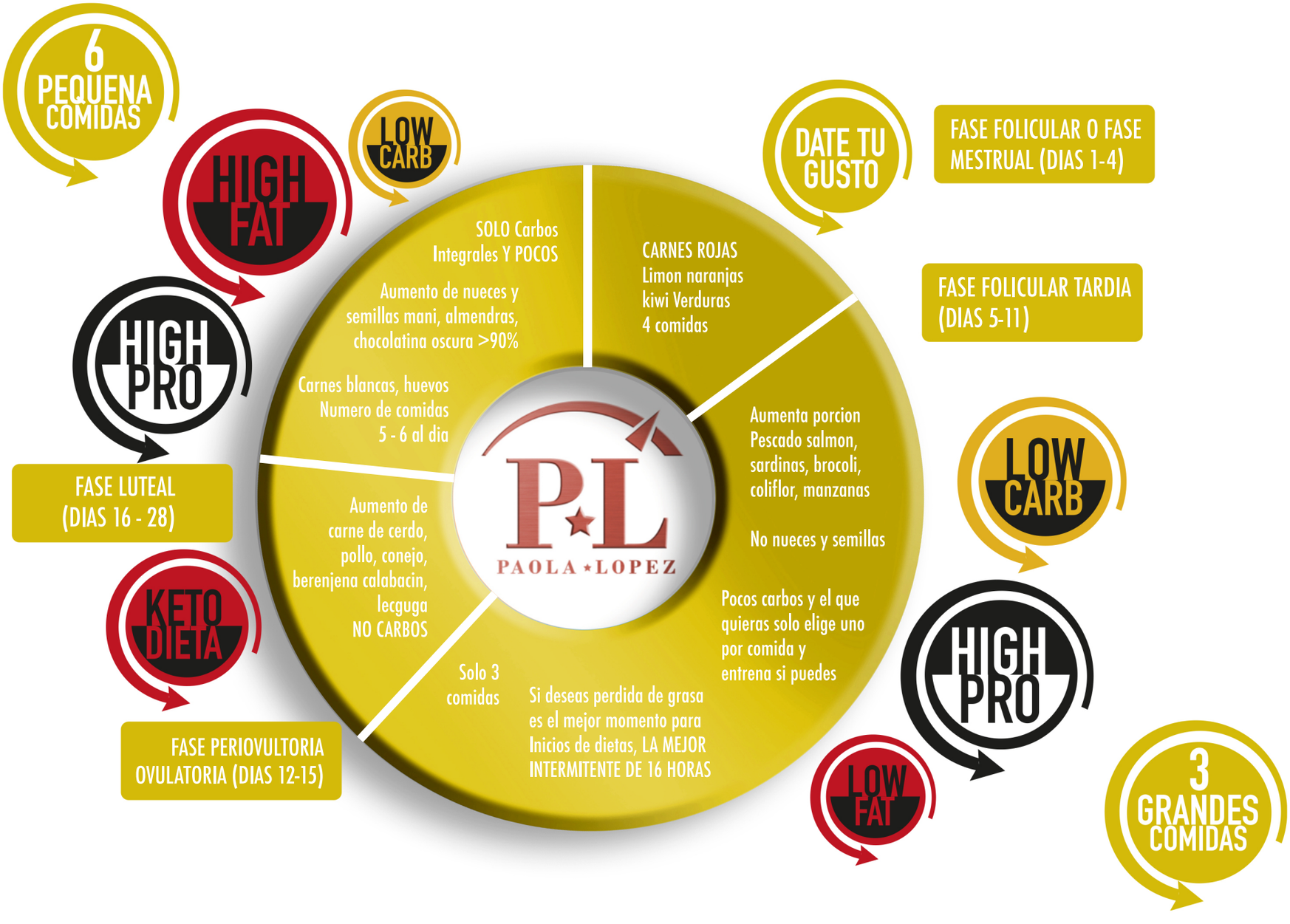ESTRATEGIA DE ALIMENTACIÓN PARA MUJERES QUE NO ENTRENAN