

A woman with long dark hair, wearing a white sports bra and black leggings, is posing in a living room. She is holding a black smartphone in her right hand, taking a selfie. Her left arm is raised, with her hand near her head. She is standing on a patterned rug. In the background, there is a white sofa, a window with white blinds, and a doorway leading to another room. The overall lighting is warm and indoor.

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