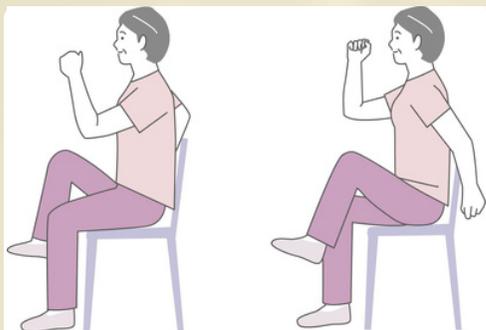


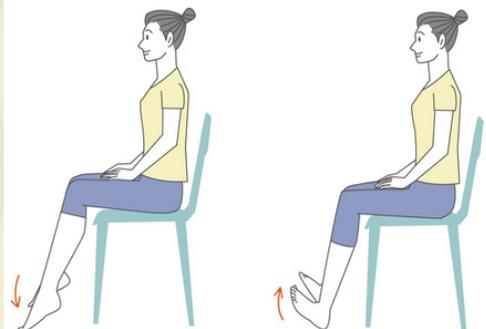
一日5分！

簡単リハビリ体操

朝

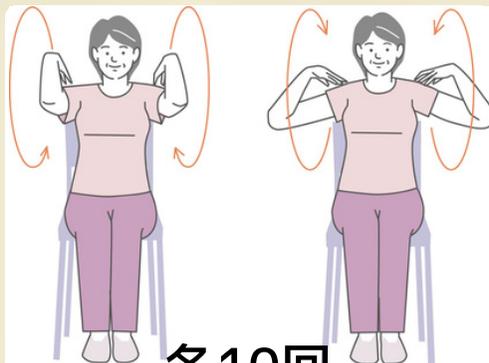


10~20回

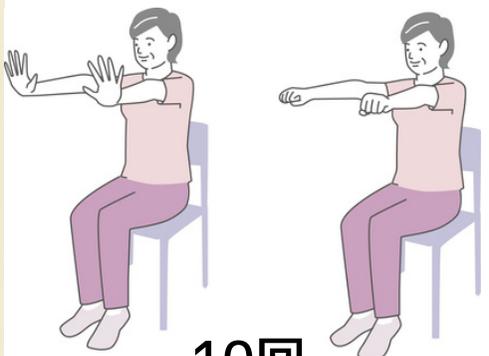


各10回

昼



各10回

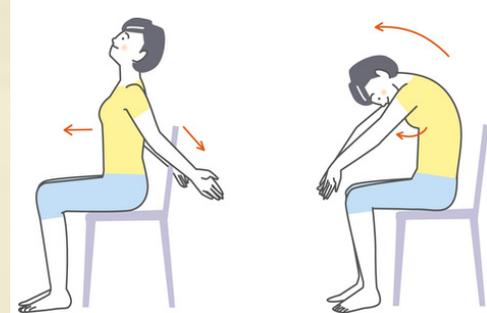


10回

夕



各5~10回



深呼吸3回