

セロトニン活性化
健康リズムゆらゆら
INUWウォーキング9
=実践=
お外で歩こう♪



The graphic features a blue background with yellow text. On the left, a man in a red jumpsuit is shown in a dynamic, jumping pose. On the right, a woman in a white shirt and black pants is shown in a walking pose. The text is arranged in a vertical stack, starting with the main title 'セロトニン活性化' (Serotonin Activation), followed by '健康リズムゆらゆら' (Healthy Rhythm Swaying), 'INUWウォーキング9' (INUW Walking 9), '＝実践＝' (Practical), and 'お外で歩こう♪' (Let's walk outside ♪).

—

info@rizha.jp 090-7440-5547
