

# 「10」

Co-nect

6/28 “10”

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5つ当てはまったら太りやすい！朝の5つの朝習慣

1. 寝すぎる
2. 暗い中で準備をする
3. ベッドメイクをしない
4. 体重を計らない
5. 朝食をちゃんと食べない

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www.kinderklimaanbau.de Co-nect

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# IC



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## SNS

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<https://www.facebook.com/conect.kagurazaka/>

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[https://twitter.com/conect\\_kgrzaka](https://twitter.com/conect_kgrzaka)

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<https://www.instagram.com/conectgram/>

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```