

The background is a light peach color. In the top left, there are two blue paper clips. In the top right, there is a blue sticky note with three white checkmarks. In the bottom left, there are two binder clips, one blue and one red. In the bottom right, there are two pens, one red and one blue. A thick, horizontal orange brushstroke is positioned below the main text.

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子どもの猫背を改善する
おすすめストレッチ3選**